

WEBVTT

NOTE duration:"00:49:42.8960000"

NOTE language:en-us

NOTE Confidence: 0.8417783

00:00:09.730 --> 00:00:11.837 Hello and welcome to Science et al

NOTE Confidence: 0.8417783

00:00:11.837 --> 00:00:13.104 podcast about everything science

NOTE Confidence: 0.8417783

00:00:13.104 --> 00:00:15.253 sponsored by the Yale School of Medicine.

NOTE Confidence: 0.8417783

00:00:15.260 --> 00:00:17.180 I'm your host Daniel Barron and

NOTE Confidence: 0.8417783

00:00:17.180 --> 00:00:18.958 in this episode I'm speaking

NOTE Confidence: 0.8417783

00:00:18.958 --> 00:00:20.666 with Doctor Eric Nestler.

NOTE Confidence: 0.8417783

00:00:20.670 --> 00:00:22.665 Eric is the Dean for academic and

NOTE Confidence: 0.8417783

00:00:22.665 --> 00:00:24.230 scientific affairs and the director

NOTE Confidence: 0.8417783

00:00:24.230 --> 00:00:25.865 of the Friedman Brain Institute,

NOTE Confidence: 0.8417783

00:00:25.870 --> 00:00:28.318 the Icon School of Medicine at Mount Sinai,

NOTE Confidence: 0.8417783

00:00:28.320 --> 00:00:30.943 NY. Eric uses molecular tools to

NOTE Confidence: 0.8417783

00:00:30.943 --> 00:00:32.658 study drug addiction and depression,

NOTE Confidence: 0.8417783

00:00:32.660 --> 00:00:35.404 and is a Co author of four books,

NOTE Confidence: 0.8417783

00:00:35.410 --> 00:00:37.890 one of which I used to learn pharmacology

NOTE Confidence: 0.8417783

00:00:37.890 --> 00:00:40.566 and more than 650 peer reviewed articles.

NOTE Confidence: 0.8417783

00:00:40.570 --> 00:00:42.290 He also serves as principal

NOTE Confidence: 0.8417783

00:00:42.290 --> 00:00:44.013 investigator on 6 NIH grants.

NOTE Confidence: 0.8417783

00:00:44.013 --> 00:00:45.582 He is a busy guy.

NOTE Confidence: 0.8417783

00:00:45.582 --> 00:00:47.640 I decided to reach out to Eric

NOTE Confidence: 0.8417783

00:00:47.710 --> 00:00:50.090 after discussing his 1990 article.

NOTE Confidence: 0.8417783

00:00:50.090 --> 00:00:51.635 The case of double supervision

NOTE Confidence: 0.8417783

00:00:51.635 --> 00:00:54.020 with a few friends of the Owl Shop,

NOTE Confidence: 0.8417783

00:00:54.020 --> 00:00:55.331 New Haven Institution.

NOTE Confidence: 0.8417783

00:00:55.331 --> 00:00:57.079 Erkeln I completed psychiatry

NOTE Confidence: 0.8417783

00:00:57.079 --> 00:00:59.385 residency in the same program

NOTE Confidence: 0.8417783

00:00:59.385 --> 00:01:01.705 and his article demonstrates how

NOTE Confidence: 0.8417783

00:01:01.705 --> 00:01:03.881 psychotherapy wasn't then and remains

NOTE Confidence: 0.8417783

00:01:03.881 --> 00:01:06.287 somewhat less than data driven at

NOTE Confidence: 0.8417783

00:01:06.287 --> 00:01:08.923 the time Eric articulates in the

NOTE Confidence: 0.8417783

00:01:08.923 --> 00:01:11.099 article that he felt neuroscience
NOTE Confidence: 0.8417783

00:01:11.100 --> 00:01:13.210 was going to hopefully quickly
NOTE Confidence: 0.8417783

00:01:13.210 --> 00:01:14.476 revolutionized this concern.
NOTE Confidence: 0.8417783

00:01:14.480 --> 00:01:17.630 And yet so far it hasn't.
NOTE Confidence: 0.8417783

00:01:17.630 --> 00:01:20.130 And this is a feeling and also a
NOTE Confidence: 0.8417783

00:01:20.130 --> 00:01:22.618 hope that I've shared as a trainee Ann.
NOTE Confidence: 0.8417783

00:01:22.620 --> 00:01:24.180 Now as a young clinical
NOTE Confidence: 0.8417783

00:01:24.180 --> 00:01:25.116 neuro scientist myself,
NOTE Confidence: 0.8417783

00:01:25.120 --> 00:01:26.681 I really enjoyed meeting with
NOTE Confidence: 0.8417783

00:01:26.681 --> 00:01:28.547 Eric and discussing how his views
NOTE Confidence: 0.8417783

00:01:28.550 --> 00:01:30.669 have changed or not 30 years
NOTE Confidence: 0.8417783

00:01:30.669 --> 00:01:32.634 after he published this piece.
NOTE Confidence: 0.8417783

00:01:32.640 --> 00:01:35.079 What struck me most about Eric was
NOTE Confidence: 0.8417783

00:01:35.079 --> 00:01:37.044 his candor and gentle demeanor.
NOTE Confidence: 0.8417783

00:01:37.050 --> 00:01:39.493 And he explains how he was disappointed
NOTE Confidence: 0.8417783

00:01:39.493 --> 00:01:40.867 that neuroscience hadn't progressed

NOTE Confidence: 0.8417783

00:01:40.867 --> 00:01:43.414 as much as he had hoped when he was

NOTE Confidence: 0.8417783

00:01:43.414 --> 00:01:45.518 a resident or young faculty member,

NOTE Confidence: 0.8417783

00:01:45.518 --> 00:01:47.720 and we discussed his multiple high

NOTE Confidence: 0.8417783

00:01:47.790 --> 00:01:49.908 level leadership roles and how he.

NOTE Confidence: 0.8417783

00:01:49.910 --> 00:01:52.215 How he tried to promote innovation

NOTE Confidence: 0.8417783

00:01:52.215 --> 00:01:53.753 while still respecting and

NOTE Confidence: 0.8417783

00:01:53.753 --> 00:01:54.902 supporting institutional tradition?

NOTE Confidence: 0.8417783

00:01:54.902 --> 00:01:57.200 The entire hour with Eric was

NOTE Confidence: 0.8417783

00:01:57.263 --> 00:01:59.063 lovely and I should mention that

NOTE Confidence: 0.8417783

00:01:59.063 --> 00:02:00.600 hanging on his office wall,

NOTE Confidence: 0.8417783

00:02:00.600 --> 00:02:02.700 he had his old Texas license plate.

NOTE Confidence: 0.8417783

00:02:02.700 --> 00:02:04.597 This is from his time as chair

NOTE Confidence: 0.8417783

00:02:04.597 --> 00:02:06.125 at the Department of Psychiatry

NOTE Confidence: 0.8417783

00:02:06.125 --> 00:02:08.075 at you T Southwestern in Dallas,

NOTE Confidence: 0.8417783

00:02:08.080 --> 00:02:08.980 which is where

NOTE Confidence: 0.8324539

00:02:08.980 --> 00:02:11.760 I was born, Texas. Eric is
NOTE Confidence: 0.82488203

00:02:11.760 --> 00:02:13.750 a mammoth of a scientist, thinker,
NOTE Confidence: 0.82488203

00:02:13.750 --> 00:02:16.061 and person, and I hope you enjoyed
NOTE Confidence: 0.82488203

00:02:16.061 --> 00:02:18.378 our conversation as much as I did.
NOTE Confidence: 0.82488203

00:02:18.380 --> 00:02:20.366 So here we go, Eric Nestler.
NOTE Confidence: 0.86331236

00:02:35.440 --> 00:02:37.707 What was it that excited you about the
NOTE Confidence: 0.86331236

00:02:37.707 --> 00:02:39.369 molecular approach to mental illness?
NOTE Confidence: 0.87171853

00:02:39.370 --> 00:02:41.600 'cause it seemed like. That
NOTE Confidence: 0.87171853

00:02:41.600 --> 00:02:43.730 wasn't really mainstream. Not at
NOTE Confidence: 0.8801247

00:02:43.730 --> 00:02:46.474 all. In fact, psychiatry at that point,
NOTE Confidence: 0.8801247

00:02:46.480 --> 00:02:49.875 and we're talking about the early 1980s.
NOTE Confidence: 0.8801247

00:02:49.880 --> 00:02:53.048 Was divided. I would say into
NOTE Confidence: 0.8801247

00:02:53.048 --> 00:02:55.160 three general categories that
NOTE Confidence: 0.8801247

00:02:55.255 --> 00:02:58.290 were very well represented in
NOTE Confidence: 0.8801247

00:02:58.290 --> 00:03:00.718 the Yale Psychiatry Department.
NOTE Confidence: 0.8801247

00:03:00.720 --> 00:03:03.780 One was a focus on earlier

NOTE Confidence: 0.8801247

00:03:03.780 --> 00:03:05.310 Psycho analytical approaches.

NOTE Confidence: 0.8801247

00:03:05.310 --> 00:03:08.950 A second was the realization that more

NOTE Confidence: 0.8801247

00:03:08.950 --> 00:03:11.626 practical approaches in community and

NOTE Confidence: 0.8801247

00:03:11.626 --> 00:03:14.186 hospital psychiatry were needed to

NOTE Confidence: 0.8801247

00:03:14.186 --> 00:03:17.910 take care of chronically ill patients.

NOTE Confidence: 0.8801247

00:03:17.910 --> 00:03:20.316 And the third was a neuroscience

NOTE Confidence: 0.8801247

00:03:20.316 --> 00:03:22.389 approach which was basically focused

NOTE Confidence: 0.8801247

00:03:22.389 --> 00:03:24.759 on the range of medications that

NOTE Confidence: 0.8801247

00:03:24.759 --> 00:03:27.000 had been discovered by serendipity.

NOTE Confidence: 0.8801247

00:03:27.000 --> 00:03:29.060 To help people with mental

NOTE Confidence: 0.8701197

00:03:29.060 --> 00:03:31.538 illness when so you mentioned the

NOTE Confidence: 0.8701197

00:03:31.538 --> 00:03:33.606 Community approach, yeah, so how?

NOTE Confidence: 0.8701197

00:03:33.606 --> 00:03:35.668 I don't recall when the

NOTE Confidence: 0.8701197

00:03:35.668 --> 00:03:36.496 deinstitutionalization happened?

NOTE Confidence: 0.8701197

00:03:36.496 --> 00:03:40.206 Yeah, but I feel like it wasn't that long

NOTE Confidence: 0.8701197

00:03:40.210 --> 00:03:43.094 before, you know, it occurred in concert,
NOTE Confidence: 0.8701197

00:03:43.100 --> 00:03:45.280 in concert with the introduction
NOTE Confidence: 0.8701197

00:03:45.280 --> 00:03:47.963 of medications so that it occurs
NOTE Confidence: 0.8701197

00:03:47.963 --> 00:03:52.030 largely in the 1960s. As these.
NOTE Confidence: 0.8701197

00:03:52.030 --> 00:03:53.882 New classes of antipsychotic
NOTE Confidence: 0.8701197

00:03:53.882 --> 00:03:56.197 drugs and anti depressant drugs
NOTE Confidence: 0.8701197

00:03:56.197 --> 00:03:58.478 and lithium were introduced.
NOTE Confidence: 0.8701197

00:03:58.480 --> 00:04:01.688 And it made it possible for people who
NOTE Confidence: 0.8701197

00:04:01.688 --> 00:04:03.515 are chronically severely chronically
NOTE Confidence: 0.8701197

00:04:03.515 --> 00:04:06.353 ill in asylums to be improved,
NOTE Confidence: 0.8701197

00:04:06.360 --> 00:04:09.146 and then they were discharged to what
NOTE Confidence: 0.8701197

00:04:09.146 --> 00:04:12.190 was supposed to be a large community
NOTE Confidence: 0.8701197

00:04:12.190 --> 00:04:14.405 mental health effort which really
NOTE Confidence: 0.8701197

00:04:14.405 --> 00:04:16.878 only partly materialized in the
NOTE Confidence: 0.8805451

00:04:16.880 --> 00:04:18.628 ensuing decades. And something
NOTE Confidence: 0.8805451

00:04:18.628 --> 00:04:21.688 interesting about that. So you would have

NOTE Confidence: 0.8805451
00:04:21.690 --> 00:04:23.880 seen some of those patients.

NOTE Confidence: 0.8805451
00:04:23.880 --> 00:04:25.608 So yeah, absolutely yeah.

NOTE Confidence: 0.8805451
00:04:25.608 --> 00:04:28.200 And so the neuroscience and psychiatry

NOTE Confidence: 0.8805451
00:04:28.277 --> 00:04:31.157 in the early 1980s was extremely

NOTE Confidence: 0.8805451
00:04:31.157 --> 00:04:33.077 narrowly focused on neurotransmitters.

NOTE Confidence: 0.8805451
00:04:33.080 --> 00:04:35.295 So serotonin for depression and

NOTE Confidence: 0.8805451
00:04:35.295 --> 00:04:37.510 dopamine for psychosis and there

NOTE Confidence: 0.8805451
00:04:37.583 --> 00:04:39.797 was really little else going on.

NOTE Confidence: 0.8805451
00:04:39.800 --> 00:04:42.320 So you're absolutely right in that.

NOTE Confidence: 0.8805451
00:04:42.320 --> 00:04:45.014 What appealed to me about psychiatry

NOTE Confidence: 0.8805451
00:04:45.014 --> 00:04:47.957 was the opportunity to weave in what

NOTE Confidence: 0.8805451
00:04:47.957 --> 00:04:50.985 was being taught to me in medical school

NOTE Confidence: 0.8805451
00:04:50.985 --> 00:04:53.655 at the time as molecular medicine.

NOTE Confidence: 0.8805451
00:04:53.660 --> 00:04:56.024 We would now call it Precision

NOTE Confidence: 0.8805451
00:04:56.024 --> 00:04:58.699 Medicine into the field of psychiatry.

NOTE Confidence: 0.8805451

00:04:58.700 --> 00:05:02.796 And in fact, my colleagues and I were.
NOTE Confidence: 0.8805451

00:05:02.800 --> 00:05:05.524 Brash and unrealistic enough
NOTE Confidence: 0.8805451

00:05:05.524 --> 00:05:09.610 to imagine that when I joined,
NOTE Confidence: 0.8805451

00:05:09.610 --> 00:05:14.926 the faculty at Yale in 1987.
NOTE Confidence: 0.8805451

00:05:14.930 --> 00:05:18.305 In creating the Laboratory of
NOTE Confidence: 0.8805451

00:05:18.305 --> 00:05:20.980 Molecular Psychiatry that.
NOTE Confidence: 0.8805451

00:05:20.980 --> 00:05:23.068 By bringing the tools of molecular
NOTE Confidence: 0.8805451

00:05:23.068 --> 00:05:25.338 biology to psychiatry that we would
NOTE Confidence: 0.8805451

00:05:25.338 --> 00:05:26.568 fundamentally advance diagnosis
NOTE Confidence: 0.8805451

00:05:26.568 --> 00:05:28.618 and treatment of mental illness
NOTE Confidence: 0.8805451

00:05:28.683 --> 00:05:30.108 within five or ten years.
NOTE Confidence: 0.8805451

00:05:30.110 --> 00:05:32.357 Here we are 30 years later and
NOTE Confidence: 0.8805451

00:05:32.357 --> 00:05:34.489 have not seen those advances.
NOTE Confidence: 0.8805451

00:05:34.490 --> 00:05:37.038 But that was the idea at the
NOTE Confidence: 0.84523964

00:05:37.040 --> 00:05:39.427 time, right? And I think this is
NOTE Confidence: 0.84523964

00:05:39.427 --> 00:05:41.857 where it kind of leaves in nicely

NOTE Confidence: 0.84523964

00:05:41.857 --> 00:05:44.367 with kind of my own brash thinking

NOTE Confidence: 0.84523964

00:05:44.367 --> 00:05:46.895 in my own research career, right?

NOTE Confidence: 0.84523964

00:05:46.895 --> 00:05:49.450 As I think every young researcher imagines,

NOTE Confidence: 0.84523964

00:05:49.450 --> 00:05:51.470 yeah, like I'm going to.

NOTE Confidence: 0.84523964

00:05:51.470 --> 00:05:54.305 Tackle a problem set and figure it

NOTE Confidence: 0.84523964

00:05:54.305 --> 00:05:57.580 out and you know 10 years later can

NOTE Confidence: 0.84523964

00:05:57.580 --> 00:06:00.016 dust off your jacket or something.

NOTE Confidence: 0.84523964

00:06:00.020 --> 00:06:02.870 So this is this is very soon

NOTE Confidence: 0.8324032

00:06:02.870 --> 00:06:07.038 we just add one further point to that

NOTE Confidence: 0.8324032

00:06:07.038 --> 00:06:11.370 is that. Even though in the early 1980s

NOTE Confidence: 0.8324032

00:06:11.370 --> 00:06:14.980 when I was finishing medical school.

NOTE Confidence: 0.8324032

00:06:14.980 --> 00:06:17.138 And starting psychiatry residency.

NOTE Confidence: 0.8324032

00:06:17.138 --> 00:06:20.354 My professors in oncology and immunology

NOTE Confidence: 0.8324032

00:06:20.354 --> 00:06:23.229 were presenting this vision of

NOTE Confidence: 0.8324032

00:06:23.229 --> 00:06:25.489 molecular medicine precision medicine.

NOTE Confidence: 0.8324032

00:06:25.490 --> 00:06:29.050 It really has taken the four
NOTE Confidence: 0.8324032

00:06:29.050 --> 00:06:31.750 decades since that time.
NOTE Confidence: 0.8324032

00:06:31.750 --> 00:06:33.554 To achieve. The goals,
NOTE Confidence: 0.8324032

00:06:33.554 --> 00:06:35.809 so we are now beginning.
NOTE Confidence: 0.8324032

00:06:35.810 --> 00:06:38.071 Also 30 years ago 35 years ago
NOTE Confidence: 0.8324032

00:06:38.071 --> 00:06:40.080 my professor said we're going to
NOTE Confidence: 0.8324032

00:06:40.080 --> 00:06:42.341 cut out a person's tumor or going
NOTE Confidence: 0.8324032

00:06:42.412 --> 00:06:44.500 to characterize it molecularly.
NOTE Confidence: 0.8324032

00:06:44.500 --> 00:06:47.034 This is before RNA sequencing and everything,
NOTE Confidence: 0.8324032

00:06:47.040 --> 00:06:50.330 but they were using older methods to
NOTE Confidence: 0.8324032

00:06:50.330 --> 00:06:52.519 profile molecular constituents of itself.
NOTE Confidence: 0.8324032

00:06:52.520 --> 00:06:54.560 We're going to identify the networks
NOTE Confidence: 0.8324032

00:06:54.560 --> 00:06:56.580 of proteins that are important.
NOTE Confidence: 0.8324032

00:06:56.580 --> 00:06:58.788 Make antibodies to the key protein,
NOTE Confidence: 0.8324032

00:06:58.790 --> 00:07:01.247 and that's going to be a treatment
NOTE Confidence: 0.8324032

00:07:01.247 --> 00:07:02.850 for that person's cancer.

NOTE Confidence: 0.8324032
00:07:02.850 --> 00:07:04.594 Well, it's taken 40 years,
NOTE Confidence: 0.8324032
00:07:04.594 --> 00:07:08.020 so I don't feel too badly that in retrospect,
NOTE Confidence: 0.8324032
00:07:08.020 --> 00:07:09.960 that psychiatry has lagged
NOTE Confidence: 0.8324032
00:07:09.960 --> 00:07:10.930 because psychiatry.
NOTE Confidence: 0.8324032
00:07:10.930 --> 00:07:13.462 The brain and psychiatry are orders
NOTE Confidence: 0.8324032
00:07:13.462 --> 00:07:15.150 of magnitude more complicated
NOTE Confidence: 0.8324032
00:07:15.216 --> 00:07:16.840 than a cancer cell, right?
NOTE Confidence: 0.8324032
00:07:16.840 --> 00:07:17.230 You
NOTE Confidence: 0.8580115
00:07:17.230 --> 00:07:19.200 know, I completely agree and
NOTE Confidence: 0.8580115
00:07:19.200 --> 00:07:21.170 understand and empathize with that.
NOTE Confidence: 0.8580115
00:07:21.170 --> 00:07:23.510 I would like to understand a
NOTE Confidence: 0.8580115
00:07:23.510 --> 00:07:26.300 little bit how this goal of yours.
NOTE Confidence: 0.8580115
00:07:26.300 --> 00:07:29.402 You know to be able to profile and
NOTE Confidence: 0.8580115
00:07:29.402 --> 00:07:32.210 diagnose and treat on a molecular basis,
NOTE Confidence: 0.8580115
00:07:32.210 --> 00:07:36.046 how was that received at the time?
NOTE Confidence: 0.8580115

00:07:36.050 --> 00:07:37.260 In psychiatry, specifically
NOTE Confidence: 0.82232666

00:07:37.260 --> 00:07:40.680 in. So I think I was seen as a probably
NOTE Confidence: 0.82232666

00:07:40.773 --> 00:07:44.105 a curiosity by much of the Department.
NOTE Confidence: 0.82232666

00:07:44.110 --> 00:07:46.924 I was very much a provoca tour.
NOTE Confidence: 0.82232666

00:07:46.930 --> 00:07:49.348 The article you cited in the
NOTE Confidence: 0.82232666

00:07:49.348 --> 00:07:50.960 case of double supervision,
NOTE Confidence: 0.82232666

00:07:50.960 --> 00:07:54.587 which we could come back to if you'd like,
NOTE Confidence: 0.82232666

00:07:54.590 --> 00:07:56.600 was very provocative to my
NOTE Confidence: 0.82232666

00:07:56.600 --> 00:07:57.806 psycho analytical colleagues.
NOTE Confidence: 0.82232666

00:07:57.810 --> 00:08:00.228 Something that did cash by any
NOTE Confidence: 0.82232666

00:08:00.230 --> 00:08:01.766 article, and you know,
NOTE Confidence: 0.82232666

00:08:01.766 --> 00:08:04.070 you being a provoca tour didn't
NOTE Confidence: 0.82232666

00:08:04.145 --> 00:08:05.708 come through. There's a.
NOTE Confidence: 0.82232666

00:08:05.708 --> 00:08:07.941 Sentence in here I wanted to ask
NOTE Confidence: 0.82232666

00:08:07.941 --> 00:08:10.229 you about that if you disagreed.
NOTE Confidence: 0.82232666

00:08:10.230 --> 00:08:11.964 If a resident trainee, I'm assuming

NOTE Confidence: 0.82232666

00:08:11.964 --> 00:08:13.690 herself disagreed with his supervisor.

NOTE Confidence: 0.82232666

00:08:13.690 --> 00:08:15.622 They assumed that it was a

NOTE Confidence: 0.82232666

00:08:15.622 --> 00:08:17.271 reflection of your personal problems

NOTE Confidence: 0.82232666

00:08:17.271 --> 00:08:19.357 or level in training my beef at

NOTE Confidence: 0.8382024

00:08:19.360 --> 00:08:21.840 the time, and I'm not close enough to

NOTE Confidence: 0.8382024

00:08:21.840 --> 00:08:24.808 this to know whether it's still relevant.

NOTE Confidence: 0.8382024

00:08:24.810 --> 00:08:28.134 Is that? Psychotherapy was

NOTE Confidence: 0.8382024

00:08:28.134 --> 00:08:34.128 presented to me. As a practice.

NOTE Confidence: 0.8382024

00:08:34.130 --> 00:08:36.090 That almost held religious certainty

NOTE Confidence: 0.8382024

00:08:36.090 --> 00:08:39.239 on the parts of my supervisors who were

NOTE Confidence: 0.8382024

00:08:39.239 --> 00:08:41.387 teaching me how to do psychotherapy,

NOTE Confidence: 0.8382024

00:08:41.390 --> 00:08:43.300 and I reacted against that.

NOTE Confidence: 0.8382024

00:08:43.300 --> 00:08:45.967 You could sense that religious as well.

NOTE Confidence: 0.8395604

00:08:45.970 --> 00:08:49.026 Of course, cousin when I disagreed with them

NOTE Confidence: 0.8395604

00:08:49.030 --> 00:08:51.697 and my fellow residents disagreed with them.

NOTE Confidence: 0.8395604

00:08:51.700 --> 00:08:54.756 We were not only told we were wrong,
NOTE Confidence: 0.8395604

00:08:54.760 --> 00:08:57.052 but we were interpreted at for
NOTE Confidence: 0.8395604

00:08:57.052 --> 00:08:58.198 having personal weaknesses,
NOTE Confidence: 0.8395604

00:08:58.200 --> 00:09:00.110 for even disagreeing with them.
NOTE Confidence: 0.8395604

00:09:00.110 --> 00:09:02.020 So that didn't make sense.
NOTE Confidence: 0.8395604

00:09:02.020 --> 00:09:04.360 Obviously, you know, if there's a.
NOTE Confidence: 0.8395604

00:09:04.360 --> 00:09:05.380 Medical treatment the
NOTE Confidence: 0.8395604

00:09:05.380 --> 00:09:07.080 psychotherapy works and it does,
NOTE Confidence: 0.8395604

00:09:07.080 --> 00:09:08.780 and it's a medical treatment.
NOTE Confidence: 0.8395604

00:09:08.780 --> 00:09:11.084 Then it should be subjected to the same
NOTE Confidence: 0.8395604

00:09:11.084 --> 00:09:13.700 rules of practice and proof that every
NOTE Confidence: 0.8395604

00:09:13.700 --> 00:09:15.920 other medical treatment is subjected to.
NOTE Confidence: 0.8395604

00:09:15.920 --> 00:09:18.050 And so that's why you know
NOTE Confidence: 0.8395604

00:09:18.050 --> 00:09:19.999 we were pushing back a bit.
NOTE Confidence: 0.8395604

00:09:20.000 --> 00:09:22.380 So what was your other point about?
NOTE Confidence: 0.8437673

00:09:23.720 --> 00:09:26.135 I was curious how you combined your

NOTE Confidence: 0.8437673
00:09:26.140 --> 00:09:27.397 interest about time,
NOTE Confidence: 0.8437673
00:09:27.397 --> 00:09:30.330 so actually it was very painful and
NOTE Confidence: 0.8437673
00:09:30.406 --> 00:09:33.100 it's remained painful over 30 years.
NOTE Confidence: 0.8437673
00:09:33.100 --> 00:09:36.390 In that it really, in my view,
NOTE Confidence: 0.8437673
00:09:36.390 --> 00:09:38.740 is not possible to combine
NOTE Confidence: 0.8437673
00:09:38.740 --> 00:09:40.620 the two worlds yet,
NOTE Confidence: 0.8437673
00:09:40.620 --> 00:09:43.385 and that I've spent 30 years now
NOTE Confidence: 0.8437673
00:09:43.385 --> 00:09:46.025 on the faculty teaching psychiatry
NOTE Confidence: 0.8437673
00:09:46.025 --> 00:09:49.445 residents the basics of neuroscience.
NOTE Confidence: 0.8437673
00:09:49.450 --> 00:09:54.832 And I am very sensitive to the fact that.
NOTE Confidence: 0.8437673
00:09:54.840 --> 00:09:57.908 Everyone, the vast majority,
NOTE Confidence: 0.8437673
00:09:57.908 --> 00:10:00.209 virtually everyone's lifetime.
NOTE Confidence: 0.8437673
00:10:00.210 --> 00:10:03.678 Course of patient treatment.
NOTE Confidence: 0.8437673
00:10:03.680 --> 00:10:06.186 Does not have to intersect any fact
NOTE Confidence: 0.8437673
00:10:06.186 --> 00:10:08.519 of neuroscience or molecular biology,
NOTE Confidence: 0.8437673

00:10:08.520 --> 00:10:11.068 and that's a sad statement of the
NOTE Confidence: 0.8437673

00:10:11.068 --> 00:10:13.759 reality of the field of psychiatry.
NOTE Confidence: 0.8437673

00:10:13.760 --> 00:10:17.789 But I think it helps to be honest about that,
NOTE Confidence: 0.8437673

00:10:17.790 --> 00:10:18.192 right?
NOTE Confidence: 0.8437673

00:10:18.192 --> 00:10:19.398 Well, do you
NOTE Confidence: 0.84614724

00:10:19.400 --> 00:10:21.410 view like at the time?
NOTE Confidence: 0.84614724

00:10:21.410 --> 00:10:24.070 I could imagine you formulating?
NOTE Confidence: 0.84614724

00:10:24.070 --> 00:10:25.252 A patient's condition.
NOTE Confidence: 0.84614724

00:10:25.252 --> 00:10:26.828 I mean, you mentioned
NOTE Confidence: 0.84614724

00:10:26.828 --> 00:10:28.320 serotonin and dopamine, right?
NOTE Confidence: 0.84614724

00:10:28.320 --> 00:10:30.490 So at that time it was clear
NOTE Confidence: 0.84614724

00:10:30.490 --> 00:10:32.157 that these medications affected
NOTE Confidence: 0.84614724

00:10:32.157 --> 00:10:34.101 dopamine and serotonin like
NOTE Confidence: 0.84614724

00:10:34.101 --> 00:10:36.486 anti psychotics in your presence
NOTE Confidence: 0.84614724

00:10:36.486 --> 00:10:38.712 and so was there a conversation
NOTE Confidence: 0.84614724

00:10:38.712 --> 00:10:40.618 even while you were resident

NOTE Confidence: 0.84614724
00:10:40.618 --> 00:10:42.588 over the meaning of Depression,
NOTE Confidence: 0.84614724
00:10:42.590 --> 00:10:44.158 BS and. So I
NOTE Confidence: 0.869518151
00:10:44.160 --> 00:10:45.624 think that that.
NOTE Confidence: 0.869518151
00:10:45.624 --> 00:10:47.088 Those conversations definitely
NOTE Confidence: 0.869518151
00:10:47.088 --> 00:10:50.279 occurred when I was a resident and
NOTE Confidence: 0.869518151
00:10:50.279 --> 00:10:52.981 they continue today and I feel perhaps
NOTE Confidence: 0.869518151
00:10:53.060 --> 00:10:55.424 that one of the contributions I've
NOTE Confidence: 0.869518151
00:10:55.424 --> 00:10:58.329 made over the years was pushing the
NOTE Confidence: 0.869518151
00:10:58.329 --> 00:11:00.987 field to taking a more sophisticated
NOTE Confidence: 0.869518151
00:11:00.987 --> 00:11:03.691 view of the brain and what it means
NOTE Confidence: 0.869518151
00:11:03.691 --> 00:11:06.338 to act on the serotonin system.
NOTE Confidence: 0.869518151
00:11:06.340 --> 00:11:09.175 Just take an anti depressant for example.
NOTE Confidence: 0.869518151
00:11:09.180 --> 00:11:11.860 When I was a resident we were really
NOTE Confidence: 0.869518151
00:11:11.860 --> 00:11:15.114 taught by the field of psychiatry that
NOTE Confidence: 0.869518151
00:11:15.114 --> 00:11:17.624 anti depressants boost serotonin levels.
NOTE Confidence: 0.869518151

00:11:17.630 --> 00:11:18.920 And that.
NOTE Confidence: 0.869518151

00:11:18.920 --> 00:11:21.500 Undoes a person's depression,
NOTE Confidence: 0.869518151

00:11:21.500 --> 00:11:23.006 almost as if.
NOTE Confidence: 0.869518151

00:11:23.006 --> 00:11:25.516 A person who's depressed can
NOTE Confidence: 0.869518151

00:11:25.516 --> 00:11:28.227 pull up to the gas pump,
NOTE Confidence: 0.869518151

00:11:28.230 --> 00:11:31.016 have a pump put in their brains,
NOTE Confidence: 0.869518151

00:11:31.020 --> 00:11:32.516 and squirt in serotonin,
NOTE Confidence: 0.869518151

00:11:32.516 --> 00:11:34.760 and I really feel that the
NOTE Confidence: 0.869518151

00:11:34.833 --> 00:11:37.605 vast majority of the field of
NOTE Confidence: 0.869518151

00:11:37.605 --> 00:11:39.453 psychiatry viewed anti depressant
NOTE Confidence: 0.869518151

00:11:39.527 --> 00:11:41.795 action in that way at the time,
NOTE Confidence: 0.869518151

00:11:41.800 --> 00:11:43.900 despite the fact that at that
NOTE Confidence: 0.869518151

00:11:43.900 --> 00:11:46.736 very point in time we knew that
NOTE Confidence: 0.869518151

00:11:46.736 --> 00:11:48.996 there were several collections of
NOTE Confidence: 0.869518151

00:11:48.996 --> 00:11:51.370 serotonin nerve cells in the brain.
NOTE Confidence: 0.869518151

00:11:51.370 --> 00:11:54.408 Each collection of cells send projections to.

NOTE Confidence: 0.869518151
00:11:54.410 --> 00:11:56.594 Partly overlapping different other
NOTE Confidence: 0.869518151
00:11:56.594 --> 00:12:00.390 areas of the brain and spinal cord.
NOTE Confidence: 0.869518151
00:12:00.390 --> 00:12:03.288 That there were 14 serotonin receptors,
NOTE Confidence: 0.869518151
00:12:03.290 --> 00:12:05.870 an advance made by molecular
NOTE Confidence: 0.869518151
00:12:05.870 --> 00:12:08.450 biology in the mammalian brain
NOTE Confidence: 0.869518151
00:12:08.543 --> 00:12:10.819 that respond to serotonin.
NOTE Confidence: 0.869518151
00:12:10.820 --> 00:12:13.501 Each of which is signaled couple differently
NOTE Confidence: 0.869518151
00:12:13.501 --> 00:12:15.910 to post receptor signaling pathways.
NOTE Confidence: 0.869518151
00:12:15.910 --> 00:12:18.060 Each receptor expressed in a
NOTE Confidence: 0.869518151
00:12:18.060 --> 00:12:20.210 different array of neuronal and
NOTE Confidence: 0.869518151
00:12:20.288 --> 00:12:22.784 honorable cells in the brain within
NOTE Confidence: 0.869518151
00:12:22.784 --> 00:12:25.240 these circuits so that it really.
NOTE Confidence: 0.869518151
00:12:25.240 --> 00:12:27.784 And then finally the fact that
NOTE Confidence: 0.869518151
00:12:27.784 --> 00:12:29.480 simply boosting serotonin acutely,
NOTE Confidence: 0.869518151
00:12:29.480 --> 00:12:32.018 one can show in brain imaging.
NOTE Confidence: 0.869518151

00:12:32.020 --> 00:12:35.996 Again, not long after I joined the faculty.

NOTE Confidence: 0.869518151

00:12:36.000 --> 00:12:39.786 That anti depressants do boost overall

NOTE Confidence: 0.869518151

00:12:39.786 --> 00:12:42.990 serotonin synthesis in the brain.

NOTE Confidence: 0.869518151

00:12:42.990 --> 00:12:46.392 After a few days of exposure to the drug,

NOTE Confidence: 0.869518151

00:12:46.400 --> 00:12:48.295 why aren't the clinical anti

NOTE Confidence: 0.869518151

00:12:48.295 --> 00:12:50.190 depressant effects seen for several

NOTE Confidence: 0.84636736

00:12:50.190 --> 00:12:52.470 weeks or months? No clinical change,

NOTE Confidence: 0.84636736

00:12:52.470 --> 00:12:54.906 right? And so all of these facts

NOTE Confidence: 0.84636736

00:12:54.906 --> 00:12:57.693 forced the field to take a far more

NOTE Confidence: 0.84636736

00:12:57.693 --> 00:12:59.874 sophisticated view of how is it

NOTE Confidence: 0.84636736

00:12:59.874 --> 00:13:02.514 that an SSRI is actually producing

NOTE Confidence: 0.84636736

00:13:02.514 --> 00:13:04.312 an antidepressant effect now?

NOTE Confidence: 0.84636736

00:13:04.312 --> 00:13:07.144 In honesty, we still not really

NOTE Confidence: 0.84636736

00:13:07.144 --> 00:13:10.200 know the answer to that question,

NOTE Confidence: 0.84636736

00:13:10.200 --> 00:13:13.280 but at least we have heuristic models

NOTE Confidence: 0.84636736

00:13:13.280 --> 00:13:16.800 that are accurate in terms of the cells,

NOTE Confidence: 0.84636736

00:13:16.800 --> 00:13:20.242 the circuits and the time frame of the

NOTE Confidence: 0.84636736

00:13:20.242 --> 00:13:22.726 adaptations induced by the drugs that

NOTE Confidence: 0.84636736

00:13:22.726 --> 00:13:26.070 might mediate their therapeutic effects. So,

NOTE Confidence: 0.81835756

00:13:26.070 --> 00:13:29.318 so at the time. There was just

NOTE Confidence: 0.81835756

00:13:29.318 --> 00:13:31.140 this general serotonin hypothesis,

NOTE Confidence: 0.81835756

00:13:31.140 --> 00:13:33.703 and the dopaminergic hypothesis

NOTE Confidence: 0.81835756

00:13:33.703 --> 00:13:35.836 about these illnesses.

NOTE Confidence: 0.81835756

00:13:35.840 --> 00:13:38.370 When did you begin to sense that

NOTE Confidence: 0.81835756

00:13:38.370 --> 00:13:40.989 it was much more complex than that?

NOTE Confidence: 0.81835756

00:13:40.990 --> 00:13:43.162 It was out when you were

NOTE Confidence: 0.81835756

00:13:43.162 --> 00:13:45.409 a resident or it was when

NOTE Confidence: 0.8833041

00:13:45.410 --> 00:13:48.354 I was a resident and I had the

NOTE Confidence: 0.8833041

00:13:48.354 --> 00:13:50.157 wonderful opportunity to meet a

NOTE Confidence: 0.8833041

00:13:50.157 --> 00:13:52.149 few of my fellow residents around

NOTE Confidence: 0.8833041

00:13:52.149 --> 00:13:54.608 the country around the same time.

NOTE Confidence: 0.8833041

00:13:54.610 --> 00:13:56.818 I'll mention two people in particular,
NOTE Confidence: 0.8833041

00:13:56.820 --> 00:13:58.656 Steve ***** and Rob Malenka.
NOTE Confidence: 0.8833041

00:13:58.656 --> 00:14:00.599 Steve was at Harvard, Rob,
NOTE Confidence: 0.8833041

00:14:00.599 --> 00:14:03.420 but then at UCSF now at Stanford
NOTE Confidence: 0.8833041

00:14:03.507 --> 00:14:06.153 and we became very good friends and
NOTE Confidence: 0.8833041

00:14:06.153 --> 00:14:09.269 had a very shared experience with.
NOTE Confidence: 0.8833041

00:14:09.270 --> 00:14:11.730 Robin, I have PHD's in neuroscience.
NOTE Confidence: 0.8833041

00:14:11.730 --> 00:14:13.526 Steve had extensive neuroscience
NOTE Confidence: 0.8833041

00:14:13.526 --> 00:14:15.771 training otherwise and the three
NOTE Confidence: 0.8833041

00:14:15.771 --> 00:14:18.831 of us realized that there was a
NOTE Confidence: 0.8833041

00:14:18.831 --> 00:14:20.523 disconnect between the neuroscience
NOTE Confidence: 0.8833041

00:14:20.591 --> 00:14:22.649 that was available and that was
NOTE Confidence: 0.8833041

00:14:22.649 --> 00:14:24.440 that which was being incorporated
NOTE Confidence: 0.8833041

00:14:24.440 --> 00:14:26.490 within the field of psychiatry.
NOTE Confidence: 0.8833041

00:14:26.490 --> 00:14:29.360 So I feel that we and others
NOTE Confidence: 0.8833041

00:14:29.360 --> 00:14:31.410 helped bridge those two gaps.

NOTE Confidence: 0.8833041
00:14:31.410 --> 00:14:33.870 Were those conversations like like did
NOTE Confidence: 0.8546656
00:14:33.870 --> 00:14:37.150 you meet at a conference or we met
NOTE Confidence: 0.876456522222222
00:14:37.150 --> 00:14:37.946 at conferences?
NOTE Confidence: 0.876456522222222
00:14:37.946 --> 00:14:40.732 And you know part of it frankly,
NOTE Confidence: 0.876456522222222
00:14:40.740 --> 00:14:43.722 was kind of making fun of
NOTE Confidence: 0.876456522222222
00:14:43.722 --> 00:14:46.319 the lack of sophistication of
NOTE Confidence: 0.876456522222222
00:14:46.319 --> 00:14:48.869 some of our professors who's.
NOTE Confidence: 0.876456522222222
00:14:48.870 --> 00:14:52.892 Who's naivete about neuroscience and
NOTE Confidence: 0.876456522222222
00:14:52.892 --> 00:14:57.920 molecular biology was shocking to us.
NOTE Confidence: 0.876456522222222
00:14:57.920 --> 00:15:00.390 And being very provocative individuals,
NOTE Confidence: 0.876456522222222
00:15:00.390 --> 00:15:03.502 we reveled in that and but it also
NOTE Confidence: 0.876456522222222
00:15:03.502 --> 00:15:06.319 turned to serious conversations.
NOTE Confidence: 0.876456522222222
00:15:06.320 --> 00:15:09.624 And in fact so Steve ***** and
NOTE Confidence: 0.876456522222222
00:15:09.624 --> 00:15:12.376 I wrote a book in 1993 that grew
NOTE Confidence: 0.876456522222222
00:15:12.376 --> 00:15:15.085 out of these conversations that
NOTE Confidence: 0.876456522222222

00:15:15.085 --> 00:15:17.925 started during residency is called
NOTE Confidence: 0.8764565222222222

00:15:17.925 --> 00:15:20.239 the molecular foundations of
NOTE Confidence: 0.8764565222222222

00:15:20.239 --> 00:15:23.545 psychiatry that tried to layout for
NOTE Confidence: 0.8764565222222222

00:15:23.545 --> 00:15:26.625 the field how a more sophisticated
NOTE Confidence: 0.8764565222222222

00:15:26.625 --> 00:15:28.645 understanding of molecular biology.
NOTE Confidence: 0.8764565222222222

00:15:28.650 --> 00:15:30.650 Andro Science could provide the
NOTE Confidence: 0.8764565222222222

00:15:30.650 --> 00:15:31.850 underpinnings for psychiatry.
NOTE Confidence: 0.8764565222222222

00:15:31.850 --> 00:15:34.250 Now we were naive ourselves because
NOTE Confidence: 0.8764565222222222

00:15:34.250 --> 00:15:37.036 at the time we imagined that there
NOTE Confidence: 0.8764565222222222

00:15:37.036 --> 00:15:39.738 might be that this the genetic basis
NOTE Confidence: 0.8764565222222222

00:15:39.738 --> 00:15:42.209 of schizophrenia or autism or bipolar
NOTE Confidence: 0.8764565222222222

00:15:42.209 --> 00:15:44.244 disorder would be very complicated.
NOTE Confidence: 0.8764565222222222

00:15:44.250 --> 00:15:45.730 Thinking at the time.
NOTE Confidence: 0.8764565222222222

00:15:45.730 --> 00:15:49.448 Maybe there would be 5 or 10 genes involved.
NOTE Confidence: 0.8764565222222222

00:15:49.450 --> 00:15:51.850 Now we know there are many
NOTE Confidence: 0.8764565222222222

00:15:51.850 --> 00:15:53.450 hundreds of genes involved,

NOTE Confidence: 0.8764565222222222
00:15:53.450 --> 00:15:54.250 but how
NOTE Confidence: 0.8346884
00:15:54.250 --> 00:15:56.650 could you have known at that
NOTE Confidence: 0.8346884
00:15:56.650 --> 00:15:58.344 time without data, right?
NOTE Confidence: 0.8346884
00:15:58.344 --> 00:16:00.814 So I'm really curious what
NOTE Confidence: 0.8346884
00:16:00.814 --> 00:16:02.790 impact like this essay,
NOTE Confidence: 0.8346884
00:16:02.790 --> 00:16:05.520 or you know your conversations and
NOTE Confidence: 0.8346884
00:16:05.520 --> 00:16:08.210 you know you publishing this book.
NOTE Confidence: 0.8346884
00:16:08.210 --> 00:16:10.555 One of two books I believe that
NOTE Confidence: 0.8346884
00:16:10.555 --> 00:16:13.065 is on similar topics and relating
NOTE Confidence: 0.8346884
00:16:13.065 --> 00:16:15.445 neuroscience to psychiatry mean what
NOTE Confidence: 0.8346884
00:16:15.445 --> 00:16:18.596 sort of conversations did you have
NOTE Confidence: 0.8346884
00:16:18.596 --> 00:16:21.241 with psychiatric colleagues who maybe
NOTE Confidence: 0.8346884
00:16:21.241 --> 00:16:24.030 didn't share exactly your vision? Yeah,
NOTE Confidence: 0.86344624
00:16:24.030 --> 00:16:26.918 so I think that.
NOTE Confidence: 0.86344624
00:16:26.920 --> 00:16:29.720 Most people in the field were eager
NOTE Confidence: 0.86344624

00:16:29.720 --> 00:16:31.740 to incorporate new knowledge,
NOTE Confidence: 0.86344624

00:16:31.740 --> 00:16:33.492 and so you know,
NOTE Confidence: 0.86344624

00:16:33.492 --> 00:16:36.120 my provocative side can be overstated,
NOTE Confidence: 0.86344624

00:16:36.120 --> 00:16:40.019 because I really feel that I was.
NOTE Confidence: 0.86344624

00:16:40.020 --> 00:16:43.035 Fully embraced by the opinion
NOTE Confidence: 0.86344624

00:16:43.035 --> 00:16:46.666 leaders and power structure of the
NOTE Confidence: 0.86344624

00:16:46.666 --> 00:16:49.738 time an I was treated extremely
NOTE Confidence: 0.86344624

00:16:49.738 --> 00:16:52.688 well by leaders in the field.
NOTE Confidence: 0.86344624

00:16:52.690 --> 00:16:55.730 And I felt that.
NOTE Confidence: 0.86344624

00:16:55.730 --> 00:16:58.621 The papers that we wrote in the
NOTE Confidence: 0.86344624

00:16:58.621 --> 00:17:01.285 books that you mentioned were
NOTE Confidence: 0.86344624

00:17:01.285 --> 00:17:04.620 definitely welcomed within the field.
NOTE Confidence: 0.86344624

00:17:04.620 --> 00:17:08.607 I think at the same time there are always.
NOTE Confidence: 0.86344624

00:17:08.610 --> 00:17:11.258 People who remain old-fashioned
NOTE Confidence: 0.86344624

00:17:11.258 --> 00:17:13.906 an resistant to change.
NOTE Confidence: 0.86344624

00:17:13.910 --> 00:17:16.134 I think that's still is seen a bit

NOTE Confidence: 0.86344624
00:17:16.134 --> 00:17:18.357 today and I don't know if you still
NOTE Confidence: 0.86344624
00:17:18.357 --> 00:17:20.690 see that in your residency training.
NOTE Confidence: 0.86344624
00:17:20.690 --> 00:17:24.218 I was at a recent meeting of the American
NOTE Confidence: 0.86344624
00:17:24.218 --> 00:17:26.850 College of Neuropsychopharmacology.
NOTE Confidence: 0.86344624
00:17:26.850 --> 00:17:29.546 Where we talked about
NOTE Confidence: 0.86344624
00:17:29.546 --> 00:17:31.568 psychiatric residency training.
NOTE Confidence: 0.86344624
00:17:31.570 --> 00:17:33.666 And now I'm an old man and I
NOTE Confidence: 0.86344624
00:17:33.666 --> 00:17:35.918 stood up and basically gave a
NOTE Confidence: 0.86344624
00:17:35.918 --> 00:17:37.566 different perspective and said
NOTE Confidence: 0.86344624
00:17:37.566 --> 00:17:40.308 one of the problems that we have.
NOTE Confidence: 0.86344624
00:17:40.310 --> 00:17:43.208 In the field is attracting the best
NOTE Confidence: 0.86344624
00:17:43.208 --> 00:17:46.049 and brightest to psychiatry because.
NOTE Confidence: 0.86344624
00:17:46.050 --> 00:17:48.829 We can't provide a clear path of
NOTE Confidence: 0.86344624
00:17:48.829 --> 00:17:50.510 integrating molecular biology neuroscience
NOTE Confidence: 0.86344624
00:17:50.510 --> 00:17:53.429 with the clinical care of our patients.
NOTE Confidence: 0.86344624

00:17:53.430 --> 00:17:54.660 And my gosh,
NOTE Confidence: 0.86344624

00:17:54.660 --> 00:17:57.252 I thought I wasn't being provocative.
NOTE Confidence: 0.86344624

00:17:57.252 --> 00:18:00.584 I got so much pushback from people
NOTE Confidence: 0.86344624

00:18:00.584 --> 00:18:03.487 leaders in the field that I was for
NOTE Confidence: 0.86344624

00:18:03.487 --> 00:18:06.140 the heresy that I was speaking at.
NOTE Confidence: 0.86344624

00:18:06.140 --> 00:18:09.010 I believe I was speaking the truth,
NOTE Confidence: 0.86344624

00:18:09.010 --> 00:18:11.470 an reality particular part of that.
NOTE Confidence: 0.87327355

00:18:11.470 --> 00:18:13.110 Did they consider heretical?
NOTE Confidence: 0.87327355

00:18:13.110 --> 00:18:14.340 They thought that
NOTE Confidence: 0.87327355

00:18:14.340 --> 00:18:16.328 there were tremendous advances
NOTE Confidence: 0.87327355

00:18:16.328 --> 00:18:18.813 in treatment of mental patients
NOTE Confidence: 0.87327355

00:18:18.813 --> 00:18:20.717 over the last 30 years.
NOTE Confidence: 0.87327355

00:18:20.720 --> 00:18:22.700 I really disagree with them.
NOTE Confidence: 0.879848769090909

00:18:24.730 --> 00:18:28.510 They felt that. Neuroscience does inform
NOTE Confidence: 0.879848769090909

00:18:28.510 --> 00:18:31.990 the clinical treatment of patients.
NOTE Confidence: 0.879848769090909

00:18:31.990 --> 00:18:34.920 Again, I disagree with them.

NOTE Confidence: 0.74920547

00:18:38.430 --> 00:18:40.444 I've sensed the same thing. I mean,

NOTE Confidence: 0.74920547

00:18:40.444 --> 00:18:42.166 I don't feel like that's radical,

NOTE Confidence: 0.74920547

00:18:42.170 --> 00:18:45.061 but I guess I'm here because I

NOTE Confidence: 0.74920547

00:18:45.061 --> 00:18:47.630 in essence agree with you. The

NOTE Confidence: 0.91912115

00:18:47.630 --> 00:18:50.798 field is not going to improve unless we

NOTE Confidence: 0.91912115

00:18:50.798 --> 00:18:53.838 recognize our own progress and limitations.

NOTE Confidence: 0.8354794

00:18:54.530 --> 00:18:57.530 So I'm really interested as as you know,

NOTE Confidence: 0.8354794

00:18:57.530 --> 00:18:58.619 I've mentioned before,

NOTE Confidence: 0.8354794

00:18:58.619 --> 00:19:00.797 young trainee and researcher how how

NOTE Confidence: 0.8354794

00:19:00.797 --> 00:19:03.160 do you navigate something like that?

NOTE Confidence: 0.8354794

00:19:03.160 --> 00:19:06.520 Like how do you as a.

NOTE Confidence: 0.8354794

00:19:06.520 --> 00:19:09.370 Physician scientist a clinical researcher.

NOTE Confidence: 0.85370487

00:19:12.300 --> 00:19:14.800 Try to marry those two.

NOTE Confidence: 0.85370487

00:19:14.800 --> 00:19:17.254 Worlds like a lot of your

NOTE Confidence: 0.85370487

00:19:17.254 --> 00:19:19.550 research on addiction on stress.

NOTE Confidence: 0.85370487

00:19:19.550 --> 00:19:21.710 You know the molecular approach.

NOTE Confidence: 0.85370487

00:19:21.710 --> 00:19:23.876 How do you bring those two

NOTE Confidence: 0.85370487

00:19:23.876 --> 00:19:26.476 together or try to bring those

NOTE Confidence: 0.85370487

00:19:26.476 --> 00:19:28.616 two together while realizing

NOTE Confidence: 0.8680899

00:19:28.620 --> 00:19:29.907 those limitations, right?

NOTE Confidence: 0.8680899

00:19:29.907 --> 00:19:32.481 So I think the critical ingredient

NOTE Confidence: 0.8680899

00:19:32.481 --> 00:19:34.898 is understanding what is possible and

NOTE Confidence: 0.8680899

00:19:34.898 --> 00:19:37.852 at the same time what the inherent

NOTE Confidence: 0.8680899

00:19:37.852 --> 00:19:40.287 limitations are with either approach.

NOTE Confidence: 0.8680899

00:19:40.290 --> 00:19:43.122 So I've talked about the limitations

NOTE Confidence: 0.8680899

00:19:43.122 --> 00:19:45.010 of clinical psychiatry today.

NOTE Confidence: 0.8680899

00:19:45.010 --> 00:19:48.358 But we should in to be honest and fair.

NOTE Confidence: 0.8680899

00:19:48.360 --> 00:19:51.024 We should also talk about the

NOTE Confidence: 0.8680899

00:19:51.024 --> 00:19:52.800 limitations in the research.

NOTE Confidence: 0.8680899

00:19:52.800 --> 00:19:55.572 And this is where being a physician

NOTE Confidence: 0.8680899

00:19:55.572 --> 00:19:58.390 scientist and having the combined training,

NOTE Confidence: 0.8680899
00:19:58.390 --> 00:20:00.246 I think is absolutely.
NOTE Confidence: 0.8680899
00:20:00.246 --> 00:20:04.328 Instrumental, if I were a PhD only.
NOTE Confidence: 0.8680899
00:20:04.330 --> 00:20:07.218 And I took the viewpoints that I did.
NOTE Confidence: 0.8680899
00:20:07.220 --> 00:20:09.120 I don't think anyone would
NOTE Confidence: 0.8680899
00:20:09.120 --> 00:20:11.020 have paid attention to me,
NOTE Confidence: 0.8680899
00:20:11.020 --> 00:20:13.920 but it because it was the cause that I did
NOTE Confidence: 0.8680899
00:20:13.991 --> 00:20:17.099 get complete clinical training in psychiatry.
NOTE Confidence: 0.8680899
00:20:17.100 --> 00:20:19.760 I did have a clinical practice small,
NOTE Confidence: 0.8680899
00:20:19.760 --> 00:20:20.975 but it was.
NOTE Confidence: 0.8680899
00:20:20.975 --> 00:20:22.595 I was active clinically
NOTE Confidence: 0.8680899
00:20:22.595 --> 00:20:24.640 and cared for patients.
NOTE Confidence: 0.8680899
00:20:24.640 --> 00:20:27.104 That I think it forced people to pay
NOTE Confidence: 0.8680899
00:20:27.104 --> 00:20:29.616 attention to the things that I was saying.
NOTE Confidence: 0.92899644
00:20:31.820 --> 00:20:34.536 At the opposite end of the spectrum.
NOTE Confidence: 0.92899644
00:20:34.540 --> 00:20:37.384 When I see basic scientists underestimate
NOTE Confidence: 0.92899644

00:20:37.384 --> 00:20:39.832 the complexity of mental illness

NOTE Confidence: 0.92899644

00:20:39.832 --> 00:20:42.664 there falling into the analogous trap.

NOTE Confidence: 0.92899644

00:20:42.670 --> 00:20:45.536 So as the editor or deputy

NOTE Confidence: 0.92899644

00:20:45.536 --> 00:20:47.448 editor of certain journals,

NOTE Confidence: 0.92899644

00:20:47.450 --> 00:20:49.990 I'll see papers submitted where

NOTE Confidence: 0.92899644

00:20:49.990 --> 00:20:52.530 an author says we induced

NOTE Confidence: 0.92899644

00:20:52.625 --> 00:20:55.565 depression in a mouse by doing X,

NOTE Confidence: 0.92899644

00:20:55.570 --> 00:20:59.994 we made a mouse schizophrenic by doing why?

NOTE Confidence: 0.92899644

00:21:00.000 --> 00:21:04.381 And you know, I laugh at what is that the

NOTE Confidence: 0.92899644

00:21:04.381 --> 00:21:07.003 lack of sophistication of the research,

NOTE Confidence: 0.92899644

00:21:07.010 --> 00:21:09.796 and so, just as psychiatrists need to

NOTE Confidence: 0.92899644

00:21:09.796 --> 00:21:12.074 pay attention to the sophistication

NOTE Confidence: 0.92899644

00:21:12.074 --> 00:21:14.744 of the science, the scientists,

NOTE Confidence: 0.92899644

00:21:14.744 --> 00:21:18.236 and the animal and cell models?

NOTE Confidence: 0.92899644

00:21:18.240 --> 00:21:20.632 The people who use animal and cell

NOTE Confidence: 0.92899644

00:21:20.632 --> 00:21:22.794 models need to pay attention to

NOTE Confidence: 0.92899644
00:21:22.794 --> 00:21:24.694 the complexity of mental illness
NOTE Confidence: 0.92899644
00:21:24.694 --> 00:21:27.803 and how it is impossible to capture
NOTE Confidence: 0.92899644
00:21:27.803 --> 00:21:30.178 depression or schizophrenia or mental.
NOTE Confidence: 0.92899644
00:21:30.180 --> 00:21:32.966 Any mental illness in in an animal,
NOTE Confidence: 0.92899644
00:21:32.970 --> 00:21:34.158 let alone a
NOTE Confidence: 0.88517902
00:21:34.160 --> 00:21:36.980 cell, sure. So I mean
NOTE Confidence: 0.9003671
00:21:36.980 --> 00:21:41.130 and so that means that one just needs to do.
NOTE Confidence: 0.9003671
00:21:41.130 --> 00:21:44.605 The best research possible and
NOTE Confidence: 0.9003671
00:21:44.605 --> 00:21:47.385 take it incremental steps.
NOTE Confidence: 0.9003671
00:21:47.390 --> 00:21:50.512 While at the same time by being
NOTE Confidence: 0.9003671
00:21:50.512 --> 00:21:52.467 incremental also being innovative
NOTE Confidence: 0.9003671
00:21:52.467 --> 00:21:55.641 and creative and trying to make
NOTE Confidence: 0.9003671
00:21:55.641 --> 00:21:58.305 the paradigm advances that are
NOTE Confidence: 0.9003671
00:21:58.305 --> 00:22:00.289 needed to achieve progress.
NOTE Confidence: 0.82796913
00:22:04.020 --> 00:22:06.468 So I'm imagining you in the
NOTE Confidence: 0.82796913

00:22:06.468 --> 00:22:09.260 early 90s as the young faculty
NOTE Confidence: 0.82796913

00:22:09.260 --> 00:22:12.458 member where you director of the
NOTE Confidence: 0.82796913

00:22:12.460 --> 00:22:14.184 Ribicoff Laboratory. At that,
NOTE Confidence: 0.82796913

00:22:14.184 --> 00:22:16.770 I became director of the Ribicoff
NOTE Confidence: 0.82796913

00:22:16.840 --> 00:22:19.028 Laboratories facilities in 1990,
NOTE Confidence: 0.82796913

00:22:19.030 --> 00:22:22.020 two 92 OK and so.
NOTE Confidence: 0.82796913

00:22:22.020 --> 00:22:24.600 You have this molecular enterprise.
NOTE Confidence: 0.82796913

00:22:24.600 --> 00:22:26.145 This clinical enterprise
NOTE Confidence: 0.82796913

00:22:26.145 --> 00:22:30.230 at the same time, and.
NOTE Confidence: 0.82796913

00:22:30.230 --> 00:22:33.650 How did you navigate?
NOTE Confidence: 0.82796913

00:22:33.650 --> 00:22:35.936 I couldn't call it how did
NOTE Confidence: 0.82796913

00:22:35.936 --> 00:22:37.760 you navigate the emotion of.
NOTE Confidence: 0.82796913

00:22:37.760 --> 00:22:39.880 Like wondering when those two
NOTE Confidence: 0.82796913

00:22:39.880 --> 00:22:42.000 would come together or like
NOTE Confidence: 0.82796913

00:22:42.080 --> 00:22:44.240 at what point did you realize
NOTE Confidence: 0.82796913

00:22:44.240 --> 00:22:46.375 this is a lot more complex

NOTE Confidence: 0.82796913
00:22:46.375 --> 00:22:48.505 than I thought as a resident,
NOTE Confidence: 0.82796913
00:22:48.510 --> 00:22:50.646 and I'm unsure that in the
NOTE Confidence: 0.82796913
00:22:50.646 --> 00:22:52.076 next 10 years, right?
NOTE Confidence: 0.82796913
00:22:52.076 --> 00:22:53.500 I'm going to pull
NOTE Confidence: 0.88785654
00:22:53.500 --> 00:22:56.398 this off. I think that hit me after I
NOTE Confidence: 0.88785654
00:22:56.398 --> 00:22:59.544 had been on the faculty about 10 years,
NOTE Confidence: 0.88785654
00:22:59.550 --> 00:23:02.398 so probably around the late 1990s or so
NOTE Confidence: 0.88785654
00:23:02.400 --> 00:23:05.848 it became clear to me as the genetics.
NOTE Confidence: 0.88785654
00:23:05.850 --> 00:23:08.510 Were appearing far more complicated
NOTE Confidence: 0.88785654
00:23:08.510 --> 00:23:11.632 and the nervous system appearing far
NOTE Confidence: 0.88785654
00:23:11.632 --> 00:23:13.888 more complicated that it was going
NOTE Confidence: 0.88785654
00:23:13.888 --> 00:23:17.210 to take a much longer period of time.
NOTE Confidence: 0.88785654
00:23:17.210 --> 00:23:22.740 The you know the challenges so around.
NOTE Confidence: 0.88785654
00:23:22.740 --> 00:23:24.756 The same time that I joined,
NOTE Confidence: 0.88785654
00:23:24.760 --> 00:23:27.119 the faculty was actually during my residency.
NOTE Confidence: 0.88785654

00:23:27.120 --> 00:23:29.640 There were the first reports of genetic of
NOTE Confidence: 0.88785654

00:23:29.640 --> 00:23:32.180 genes that confer risk for mental illness.
NOTE Confidence: 0.88785654

00:23:32.180 --> 00:23:35.548 So this was these were the Amish studies.
NOTE Confidence: 0.88785654

00:23:35.550 --> 00:23:38.203 One of which implicated the gene for
NOTE Confidence: 0.88785654

00:23:38.203 --> 00:23:40.469 tyrosine hydroxylase and bipolar disorder,
NOTE Confidence: 0.88785654

00:23:40.470 --> 00:23:43.340 and I remember saying to myself, well,
NOTE Confidence: 0.88785654

00:23:43.340 --> 00:23:45.800 either there's no need for Mycareer,
NOTE Confidence: 0.88785654

00:23:45.800 --> 00:23:48.968 they figured it out, done, got work done,
NOTE Confidence: 0.88785654

00:23:48.968 --> 00:23:52.264 but really in the back of my mind
NOTE Confidence: 0.88785654

00:23:52.264 --> 00:23:53.178 saying really,
NOTE Confidence: 0.88785654

00:23:53.180 --> 00:23:55.943 it just didn't make sense to me that the
NOTE Confidence: 0.88785654

00:23:55.943 --> 00:23:59.353 gene that encodes the enzyme that rate
NOTE Confidence: 0.88785654

00:23:59.353 --> 00:24:01.373 limiting for catecholamine biosynthesis,
NOTE Confidence: 0.88785654

00:24:01.380 --> 00:24:03.430 that that's where bipolar disorder
NOTE Confidence: 0.88785654

00:24:03.430 --> 00:24:05.986 comes from, is way too simple.
NOTE Confidence: 0.88785654

00:24:05.986 --> 00:24:07.288 And of course,

NOTE Confidence: 0.88785654

00:24:07.290 --> 00:24:09.786 that turned out to be my view mice.

NOTE Confidence: 0.88785654

00:24:09.790 --> 00:24:11.974 My skepticism turned out to be accurate.

NOTE Confidence: 0.88785654

00:24:11.980 --> 00:24:14.484 It's not even considered a risk factor today.

NOTE Confidence: 0.88785654

00:24:14.490 --> 00:24:15.429 Also, how did

NOTE Confidence: 0.84791577

00:24:15.430 --> 00:24:16.682 you maintain that skepticism

NOTE Confidence: 0.84791577

00:24:16.682 --> 00:24:18.873 of your of your field and also

NOTE Confidence: 0.84791577

00:24:18.873 --> 00:24:20.436 of your personal research while

NOTE Confidence: 0.84791577

00:24:20.436 --> 00:24:21.996 retaining your motivation as well?

NOTE Confidence: 0.84791577

00:24:22.000 --> 00:24:23.878 So this is something I tell

NOTE Confidence: 0.84791577

00:24:23.880 --> 00:24:26.208 all of my trainees that I think it's

NOTE Confidence: 0.84791577

00:24:26.208 --> 00:24:28.013 very important for each scientist to

NOTE Confidence: 0.84791577

00:24:28.013 --> 00:24:30.534 be successful to tell a story and to

NOTE Confidence: 0.84791577

00:24:30.534 --> 00:24:32.324 advocate for one's research findings.

NOTE Confidence: 0.84791577

00:24:32.330 --> 00:24:33.890 So you gotta get up.

NOTE Confidence: 0.84791577

00:24:33.890 --> 00:24:35.768 You were going to write papers,

NOTE Confidence: 0.84791577

00:24:35.770 --> 00:24:37.335 you gotta give research talks
NOTE Confidence: 0.84791577

00:24:37.335 --> 00:24:38.900 where you're telling a story.
NOTE Confidence: 0.84791577

00:24:38.900 --> 00:24:40.532 If you're a nihilistic.
NOTE Confidence: 0.84791577

00:24:40.532 --> 00:24:42.164 And saying it's hopeless.
NOTE Confidence: 0.84791577

00:24:42.170 --> 00:24:44.550 Well, that doesn't do anybody any good
NOTE Confidence: 0.8430248

00:24:44.550 --> 00:24:46.590 cisely the way that excellent work.
NOTE Confidence: 0.8430248

00:24:46.590 --> 00:24:48.970 How do you avoid an? I know
NOTE Confidence: 0.8430248

00:24:48.970 --> 00:24:51.690 it? Then I've known and I've known faculty
NOTE Confidence: 0.8430248

00:24:51.690 --> 00:24:53.730 have been nihilistic over the years,
NOTE Confidence: 0.8430248

00:24:53.730 --> 00:24:55.430 but you can do both.
NOTE Confidence: 0.8430248

00:24:55.430 --> 00:24:57.470 So you could present the research.
NOTE Confidence: 0.8430248

00:24:57.470 --> 00:24:59.510 This is what we found objectively.
NOTE Confidence: 0.8430248

00:24:59.510 --> 00:25:01.736 This is where we think this is
NOTE Confidence: 0.8430248

00:25:01.736 --> 00:25:03.929 what we think it's telling us.
NOTE Confidence: 0.8430248

00:25:03.930 --> 00:25:06.408 This is where we think it's bringing
NOTE Confidence: 0.8430248

00:25:06.408 --> 00:25:08.817 us and where the next steps can

NOTE Confidence: 0.8430248
00:25:08.817 --> 00:25:11.160 lead us while at the same time.
NOTE Confidence: 0.8430248
00:25:11.160 --> 00:25:12.861 Retaining some intellectual
NOTE Confidence: 0.8430248
00:25:12.861 --> 00:25:15.129 honesty and self reflection
NOTE Confidence: 0.8430248
00:25:15.129 --> 00:25:17.970 not to believe ones koolaid.
NOTE Confidence: 0.8430248
00:25:17.970 --> 00:25:21.001 And to keep in mind the limitations
NOTE Confidence: 0.8430248
00:25:21.001 --> 00:25:23.209 and challenges of the field,
NOTE Confidence: 0.8430248
00:25:23.210 --> 00:25:25.562 it's something that I feel I've
NOTE Confidence: 0.8430248
00:25:25.562 --> 00:25:28.640 been able to do and have really
NOTE Confidence: 0.8430248
00:25:28.640 --> 00:25:31.015 tried to encourage my trainees's
NOTE Confidence: 0.8430248
00:25:31.015 --> 00:25:34.139 call and colleagues to do as well.
NOTE Confidence: 0.8531937
00:25:36.230 --> 00:25:38.005 That one can tolerate that
NOTE Confidence: 0.8531937
00:25:38.005 --> 00:25:39.783 when you can make advances,
NOTE Confidence: 0.8531937
00:25:39.783 --> 00:25:42.975 but also see where they fit in in the
NOTE Confidence: 0.8531937
00:25:42.975 --> 00:25:46.110 big picture, right? How have your
NOTE Confidence: 0.801101
00:25:46.110 --> 00:25:47.650 trainees in your colleagues
NOTE Confidence: 0.801101

00:25:47.650 --> 00:25:49.190 responded differently to that?

NOTE Confidence: 0.801101

00:25:49.190 --> 00:25:53.630 You could call even a stressor, the.

NOTE Confidence: 0.801101

00:25:53.630 --> 00:25:55.718 There's this huge complexity of the

NOTE Confidence: 0.801101

00:25:55.718 --> 00:25:58.195 brain and people are looking at a

NOTE Confidence: 0.801101

00:25:58.195 --> 00:25:59.900 small facet thereof nowadays right

NOTE Confidence: 0.801101

00:25:59.900 --> 00:26:02.868 in back then you know the tyrosine

NOTE Confidence: 0.801101

00:26:02.868 --> 00:26:04.161 hydroxylase hypothesis, right?

NOTE Confidence: 0.801101

00:26:04.161 --> 00:26:06.968 You know one was tempted and people

NOTE Confidence: 0.801101

00:26:06.968 --> 00:26:09.007 were tempted to just kind of,

NOTE Confidence: 0.801101

00:26:09.010 --> 00:26:10.880 you know, close up shop.

NOTE Confidence: 0.801101

00:26:10.880 --> 00:26:12.760 After that, like you mentioned.

NOTE Confidence: 0.801101

00:26:12.760 --> 00:26:15.576 And now the brain is understood to be

NOTE Confidence: 0.801101

00:26:15.576 --> 00:26:18.239 so complex that one specific research

NOTE Confidence: 0.801101

00:26:18.239 --> 00:26:21.059 endeavour is unlikely to unravel the.

NOTE Confidence: 0.801101

00:26:21.060 --> 00:26:21.960 Picture, yeah,

NOTE Confidence: 0.8507849

00:26:21.960 --> 00:26:26.280 it it. You know, I've seen people get stuck

NOTE Confidence: 0.8507849

00:26:26.280 --> 00:26:30.520 at both opposite ends of the spectrum.

NOTE Confidence: 0.8507849

00:26:30.520 --> 00:26:33.192 There are some people as we just mentioned

NOTE Confidence: 0.8507849

00:26:33.192 --> 00:26:35.939 who are nihilistic and who just throw

NOTE Confidence: 0.8507849

00:26:35.939 --> 00:26:38.341 up their hands in exasperation and

NOTE Confidence: 0.8507849

00:26:38.341 --> 00:26:40.868 saying what I'm doing is, you know.

NOTE Confidence: 0.8507849

00:26:40.868 --> 00:26:44.046 Two insignificant it's spinning in the ocean.

NOTE Confidence: 0.8507849

00:26:44.050 --> 00:26:45.290 It's not worth it.

NOTE Confidence: 0.8507849

00:26:45.290 --> 00:26:48.469 I'm just going to quit and do something else,

NOTE Confidence: 0.8507849

00:26:48.470 --> 00:26:50.850 and I've seen people do that at

NOTE Confidence: 0.8507849

00:26:50.850 --> 00:26:53.409 the opposite end of the spectrum.

NOTE Confidence: 0.8507849

00:26:53.409 --> 00:26:54.948 I've seen people.

NOTE Confidence: 0.8507849

00:26:54.950 --> 00:26:57.420 Who present their research findings

NOTE Confidence: 0.8507849

00:26:57.420 --> 00:26:59.396 with no self reflection?

NOTE Confidence: 0.8507849

00:26:59.400 --> 00:27:01.269 And you know those are those people

NOTE Confidence: 0.8507849

00:27:01.269 --> 00:27:03.351 who tend to oversell what they're

NOTE Confidence: 0.8507849

00:27:03.351 --> 00:27:04.975 stating and their obnoxious.
NOTE Confidence: 0.8853688

00:27:07.070 --> 00:27:09.534 You know, I think the field gets it
NOTE Confidence: 0.8853688

00:27:09.534 --> 00:27:12.482 right in the middle and just has to deal
NOTE Confidence: 0.8853688

00:27:12.482 --> 00:27:15.140 with both from a training perspective.
NOTE Confidence: 0.8853688

00:27:15.140 --> 00:27:17.900 However, I think it's very tangible.
NOTE Confidence: 0.8853688

00:27:17.900 --> 00:27:21.722 To teach our young students and postdocs
NOTE Confidence: 0.8853688

00:27:21.722 --> 00:27:25.344 and residents had to get it just
NOTE Confidence: 0.8853688

00:27:25.344 --> 00:27:28.080 right somewhere in the middle. Well,
NOTE Confidence: 0.85098165

00:27:28.080 --> 00:27:30.642 so that maybe that brings us to
NOTE Confidence: 0.85098165

00:27:30.642 --> 00:27:33.019 the next stage in your career.
NOTE Confidence: 0.85098165

00:27:33.020 --> 00:27:35.300 So after you were at yell,
NOTE Confidence: 0.85098165

00:27:35.300 --> 00:27:37.580 you want to Dallas and you.
NOTE Confidence: 0.85098165

00:27:37.580 --> 00:27:40.816 Did you go there as chair of the divided?
NOTE Confidence: 0.85098165

00:27:40.816 --> 00:27:44.229 So that's so you had a much wider sphere
NOTE Confidence: 0.85098165

00:27:44.229 --> 00:27:46.320 of influence over that Department.
NOTE Confidence: 0.85098165

00:27:46.320 --> 00:27:49.480 Yes. And so. Having this.

NOTE Confidence: 0.87132716
00:27:51.740 --> 00:27:53.665 Call it dedication, motivation to
NOTE Confidence: 0.87132716
00:27:53.665 --> 00:27:55.976 your molecular science and then also
NOTE Confidence: 0.87132716
00:27:55.976 --> 00:27:57.976 your dedication of clinical practice.
NOTE Confidence: 0.87132716
00:27:57.976 --> 00:28:01.330 How did you balance the need for innovation
NOTE Confidence: 0.87132716
00:28:03.910 --> 00:28:03.910 and training in clinical practice with
NOTE Confidence: 0.87132716
00:28:03.910 --> 00:28:06.369 the reality of what was going on at
NOTE Confidence: 0.87132716
00:28:06.370 --> 00:28:08.679 the time in that institution? Yeah,
NOTE Confidence: 0.87132716
00:28:08.680 --> 00:28:11.760 so it was a tremendous opportunity for me.
NOTE Confidence: 0.87132716
00:28:11.760 --> 00:28:14.322 And at the same time a tremendous
NOTE Confidence: 0.87132716
00:28:14.322 --> 00:28:16.283 learning experience of what's possible
NOTE Confidence: 0.87132716
00:28:16.283 --> 00:28:19.076 and of what what one's limitations are.
NOTE Confidence: 0.87132716
00:28:19.080 --> 00:28:21.894 So I went. I moved to Dallas.
NOTE Confidence: 0.87132716
00:28:21.900 --> 00:28:23.280 At you T Southwestern,
NOTE Confidence: 0.87132716
00:28:23.280 --> 00:28:26.388 which I should say I was born in Dallas.
NOTE Confidence: 0.87132716
00:28:26.390 --> 00:28:28.460 Oh my gosh, what really went?
NOTE Confidence: 0.87132716

00:28:28.460 --> 00:28:30.870 Yes, the Texas trip.
NOTE Confidence: 0.7897306

00:28:30.870 --> 00:28:32.270 Yeah, which town in
NOTE Confidence: 0.7897306

00:28:32.270 --> 00:28:34.376 Dallas did you grow up in?
NOTE Confidence: 0.7897306

00:28:34.380 --> 00:28:37.890 So I only live there till I was too OK,
NOTE Confidence: 0.7897306

00:28:37.890 --> 00:28:40.347 yeah. And then I think we lived
NOTE Confidence: 0.7897306

00:28:40.350 --> 00:28:43.407 in Plano OK Time and then. So we live.
NOTE Confidence: 0.7897306

00:28:43.407 --> 00:28:45.640 There's a park cities very close to
NOTE Confidence: 0.7897306

00:28:45.711 --> 00:28:48.535 downtown and close to the Med School Med
NOTE Confidence: 0.7897306

00:28:48.535 --> 00:28:50.775 school that psychiatry Department at the
NOTE Confidence: 0.7897306

00:28:50.775 --> 00:28:53.331 Med School was led by Ken Altshuler.
NOTE Confidence: 0.7897306

00:28:53.331 --> 00:28:55.437 It was a very good Department,
NOTE Confidence: 0.7897306

00:28:55.440 --> 00:28:57.195 particularly strong clinically and the
NOTE Confidence: 0.7897306

00:28:57.195 --> 00:28:58.950 leading researchers were John Rush,
NOTE Confidence: 0.7897306

00:28:58.950 --> 00:29:00.702 an Madhukar Trivedi.
NOTE Confidence: 0.7897306

00:29:00.702 --> 00:29:04.790 Very much along the lines of efficacy
NOTE Confidence: 0.7897306

00:29:04.899 --> 00:29:08.627 research in antidepressant treatment.

NOTE Confidence: 0.7897306
00:29:08.630 --> 00:29:10.793 My goals in moving to the Department
NOTE Confidence: 0.7897306
00:29:10.793 --> 00:29:12.997 were to build a foundation of
NOTE Confidence: 0.7897306
00:29:12.997 --> 00:29:14.605 basic neuroscience and molecular
NOTE Confidence: 0.7897306
00:29:14.605 --> 00:29:17.075 biology while at the same time
NOTE Confidence: 0.7897306
00:29:17.075 --> 00:29:18.667 building the clinical programs.
NOTE Confidence: 0.7897306
00:29:18.670 --> 00:29:20.530 And I think, you know,
NOTE Confidence: 0.7897306
00:29:20.530 --> 00:29:21.854 we had tremendous success.
NOTE Confidence: 0.7897306
00:29:21.854 --> 00:29:24.630 We were able to move the Department,
NOTE Confidence: 0.7897306
00:29:24.630 --> 00:29:26.832 I think from something like 30
NOTE Confidence: 0.7897306
00:29:26.832 --> 00:29:29.459 fifth in the country in NIH funding,
NOTE Confidence: 0.7897306
00:29:29.460 --> 00:29:32.970 we broke it into the top 10 and NIH
NOTE Confidence: 0.7897306
00:29:32.970 --> 00:29:37.740 funding we were #9 at the time I left.
NOTE Confidence: 0.7897306
00:29:37.740 --> 00:29:40.239 We recruited a small army of basic
NOTE Confidence: 0.7897306
00:29:40.239 --> 00:29:41.856 neuroscience researchers and molecular
NOTE Confidence: 0.7897306
00:29:41.856 --> 00:29:44.266 biologists and also clinical researchers.
NOTE Confidence: 0.7897306

00:29:44.270 --> 00:29:47.177 'cause one of the goals was to try to
NOTE Confidence: 0.7897306

00:29:47.177 --> 00:29:49.868 build a program that integrated the
NOTE Confidence: 0.7897306

00:29:49.868 --> 00:29:52.840 basic science with the clinical science.
NOTE Confidence: 0.7897306

00:29:52.840 --> 00:29:55.664 The other thing that I did that I
NOTE Confidence: 0.7897306

00:29:55.664 --> 00:29:58.438 felt was very important and which
NOTE Confidence: 0.7897306

00:29:58.438 --> 00:30:00.414 was my learning curve.
NOTE Confidence: 0.7897306

00:30:00.420 --> 00:30:03.090 Was how under funded and under
NOTE Confidence: 0.7897306

00:30:03.090 --> 00:30:05.785 attended to mental health care was
NOTE Confidence: 0.7897306

00:30:05.785 --> 00:30:08.287 at you T Southwestern in general,
NOTE Confidence: 0.7897306

00:30:08.290 --> 00:30:09.694 and in Dallas overall,
NOTE Confidence: 0.7897306

00:30:09.694 --> 00:30:11.800 so that there was not sufficient
NOTE Confidence: 0.7897306

00:30:11.869 --> 00:30:14.544 psychiatric resources for the patient
NOTE Confidence: 0.7897306

00:30:14.544 --> 00:30:16.149 population Parkland Hospital,
NOTE Confidence: 0.7897306

00:30:16.150 --> 00:30:19.209 which you may know, is you fabulous?
NOTE Confidence: 0.7897306

00:30:19.210 --> 00:30:20.086 That's well,
NOTE Confidence: 0.7897306

00:30:20.086 --> 00:30:22.702 there's a brand new parking area,

NOTE Confidence: 0.7897306
00:30:22.702 --> 00:30:25.525 but also Parkland as the County
NOTE Confidence: 0.7897306
00:30:25.525 --> 00:30:27.910 Hospital is just a spectacular
NOTE Confidence: 0.7897306
00:30:27.996 --> 00:30:30.992 resource for the people who live in
NOTE Confidence: 0.7897306
00:30:30.992 --> 00:30:34.168 in Dallas County and surrounding areas.
NOTE Confidence: 0.7897306
00:30:34.170 --> 00:30:37.520 Um the.
NOTE Confidence: 0.7897306
00:30:37.520 --> 00:30:40.467 We doubled the size of the clinical
NOTE Confidence: 0.7897306
00:30:40.467 --> 00:30:42.652 service at Parkland Hospital and
NOTE Confidence: 0.7897306
00:30:42.652 --> 00:30:45.178 we did the same at Children's
NOTE Confidence: 0.7897306
00:30:45.178 --> 00:30:47.387 Hospital and other outside other
NOTE Confidence: 0.7897306
00:30:47.387 --> 00:30:49.961 general hospitals in the area and
NOTE Confidence: 0.7897306
00:30:49.961 --> 00:30:52.530 so we were able to dramatically
NOTE Confidence: 0.7897306
00:30:52.530 --> 00:30:53.814 expand clinical services,
NOTE Confidence: 0.7897306
00:30:53.820 --> 00:30:57.411 but it was at the time of
NOTE Confidence: 0.7897306
00:30:57.411 --> 00:30:59.582 building this Department when
NOTE Confidence: 0.7897306
00:30:59.582 --> 00:31:02.744 I realized that there was this.
NOTE Confidence: 0.7897306

00:31:02.750 --> 00:31:05.408 Divide between the research and the
NOTE Confidence: 0.7897306

00:31:05.408 --> 00:31:08.718 clinical care that was impossible to join,
NOTE Confidence: 0.7897306

00:31:08.720 --> 00:31:11.468 at least at the present time.
NOTE Confidence: 0.9031011

00:31:13.250 --> 00:31:15.210 I'd like to learn more about that,
NOTE Confidence: 0.9031011

00:31:15.210 --> 00:31:17.570 so I've seen. You know,
NOTE Confidence: 0.9031011

00:31:17.570 --> 00:31:19.988 I obviously don't have the perspective
NOTE Confidence: 0.9031011

00:31:19.988 --> 00:31:22.779 that you do have any Department,
NOTE Confidence: 0.9031011

00:31:22.780 --> 00:31:25.036 but I've noticed even when interviewing
NOTE Confidence: 0.9031011

00:31:25.036 --> 00:31:27.134 for residency programs that different
NOTE Confidence: 0.9031011

00:31:27.134 --> 00:31:29.286 programs have different personalities,
NOTE Confidence: 0.9031011

00:31:29.290 --> 00:31:30.586 different affinity's to
NOTE Confidence: 0.9031011

00:31:30.586 --> 00:31:32.314 specific theories of treatment,
NOTE Confidence: 0.9031011

00:31:32.320 --> 00:31:35.176 one that comes to mind is for
NOTE Confidence: 0.9031011

00:31:35.176 --> 00:31:37.530 instance Washu in Saint Louis.
NOTE Confidence: 0.9031011

00:31:37.530 --> 00:31:39.705 They're very psychopharm oriented biology
NOTE Confidence: 0.9031011

00:31:39.705 --> 00:31:42.600 based, whereas other institutions.

NOTE Confidence: 0.9031011
00:31:42.600 --> 00:31:45.785 I mean, I think VL being more
NOTE Confidence: 0.9031011
00:31:45.785 --> 00:31:47.610 psychodynamically oriented and kind
NOTE Confidence: 0.9031011
00:31:47.610 --> 00:31:50.795 of the East Coast schools being more
NOTE Confidence: 0.9031011
00:31:50.795 --> 00:31:52.160 psychodynamic oriented generally.
NOTE Confidence: 0.9031011
00:31:52.160 --> 00:31:54.752 And so how you stepping in
NOTE Confidence: 0.9031011
00:31:54.752 --> 00:31:57.620 as a new person in Dallas?
NOTE Confidence: 0.9031011
00:31:57.620 --> 00:31:58.866 You know,
NOTE Confidence: 0.9031011
00:31:58.866 --> 00:32:03.227 very city with a lot of personality.
NOTE Confidence: 0.9031011
00:32:03.230 --> 00:32:05.631 What did you find in terms of
NOTE Confidence: 0.9031011
00:32:05.631 --> 00:32:07.870 kind of the general personality
NOTE Confidence: 0.9031011
00:32:07.870 --> 00:32:10.680 of the clinical teams like?
NOTE Confidence: 0.9031011
00:32:10.680 --> 00:32:11.550 Were they
NOTE Confidence: 0.87207675
00:32:11.550 --> 00:32:14.178 more it was? To be honest,
NOTE Confidence: 0.87207675
00:32:14.180 --> 00:32:16.808 it was a tremendously refreshing change.
NOTE Confidence: 0.87207675
00:32:16.810 --> 00:32:20.312 So when I was at Yale and I
NOTE Confidence: 0.87207675

00:32:20.312 --> 00:32:22.940 had been there a long time,
NOTE Confidence: 0.87207675

00:32:22.940 --> 00:32:25.128 27 years from undergrad undergrad,
NOTE Confidence: 0.87207675

00:32:25.130 --> 00:32:26.798 MD, PhD residency faculty,
NOTE Confidence: 0.87207675

00:32:26.798 --> 00:32:29.300 when I left the Yale Department
NOTE Confidence: 0.87207675

00:32:29.381 --> 00:32:32.490 of Psychiatry, I left a Department
NOTE Confidence: 0.87207675

00:32:32.490 --> 00:32:35.115 that I felt was fractured.
NOTE Confidence: 0.87207675

00:32:35.120 --> 00:32:38.200 Between those three focuses that
NOTE Confidence: 0.87207675

00:32:38.200 --> 00:32:40.666 I mentioned earlier, neuroscience,
NOTE Confidence: 0.87207675

00:32:40.666 --> 00:32:43.130 Community Hospital, community psychiatry,
NOTE Confidence: 0.87207675

00:32:43.130 --> 00:32:46.109 and psychodynamic psychiatry.
NOTE Confidence: 0.87207675

00:32:46.110 --> 00:32:49.218 And those three factions were at each
NOTE Confidence: 0.87207675

00:32:49.218 --> 00:32:52.010 others throats in the L Department,
NOTE Confidence: 0.87207675

00:32:52.010 --> 00:32:55.258 so that when something good happened to
NOTE Confidence: 0.87207675

00:32:55.258 --> 00:32:58.939 one rather than everyone else being happy.
NOTE Confidence: 0.87207675

00:32:58.940 --> 00:33:01.575 People were jealous and angry.
NOTE Confidence: 0.87207675

00:33:01.575 --> 00:33:02.840 And.

NOTE Confidence: 0.87207675
00:33:02.840 --> 00:33:05.206 Moving to Dallas and being part of
NOTE Confidence: 0.87207675
00:33:05.206 --> 00:33:07.589 a new Department was probably the
NOTE Confidence: 0.87207675
00:33:07.589 --> 00:33:08.882 most important psychotherapeutic
NOTE Confidence: 0.87207675
00:33:08.882 --> 00:33:11.280 event in my own lifetime.
NOTE Confidence: 0.87207675
00:33:11.280 --> 00:33:13.854 What do you mean by that?
NOTE Confidence: 0.87207675
00:33:13.854 --> 00:33:17.228 Because I realized that I was part.
NOTE Confidence: 0.87207675
00:33:17.230 --> 00:33:19.555 Of this disagreement and strife
NOTE Confidence: 0.87207675
00:33:19.555 --> 00:33:21.880 among different views of psychiatry,
NOTE Confidence: 0.87207675
00:33:21.880 --> 00:33:24.670 and when I got to Dallas,
NOTE Confidence: 0.87207675
00:33:24.670 --> 00:33:27.400 Ken Altshuler as the as my
NOTE Confidence: 0.87207675
00:33:27.400 --> 00:33:29.790 predecessor and other faculty there,
NOTE Confidence: 0.87207675
00:33:29.790 --> 00:33:32.580 made it very clear that it
NOTE Confidence: 0.87207675
00:33:32.580 --> 00:33:34.440 was unnecessary to disagree,
NOTE Confidence: 0.87207675
00:33:34.440 --> 00:33:37.394 and really that the challenge at hand
NOTE Confidence: 0.87207675
00:33:37.394 --> 00:33:40.479 was to make our patients better.
NOTE Confidence: 0.87207675

00:33:40.480 --> 00:33:44.064 And So what I found Dallas among the
NOTE Confidence: 0.87207675

00:33:44.064 --> 00:33:45.600 psychodynamically oriented faculty,
NOTE Confidence: 0.87207675

00:33:45.600 --> 00:33:49.528 the hospital and community.
NOTE Confidence: 0.87207675

00:33:49.528 --> 00:33:54.438 Psychiatrist psychiatrist was a tremendous.
NOTE Confidence: 0.87207675

00:33:54.440 --> 00:33:56.960 Welcoming to consider any approach that
NOTE Confidence: 0.87207675

00:33:56.960 --> 00:33:59.900 would help them get their patients better.
NOTE Confidence: 0.87207675

00:33:59.900 --> 00:34:01.160 He's very pragmatic,
NOTE Confidence: 0.8703704

00:34:01.160 --> 00:34:03.260 extremely pragmatic. So in fact,
NOTE Confidence: 0.8703704

00:34:03.260 --> 00:34:07.598 one of the things I did with Ken's help.
NOTE Confidence: 0.8703704

00:34:07.600 --> 00:34:10.260 Was to invite the Dallas Psycho Analytical
NOTE Confidence: 0.8703704

00:34:10.260 --> 00:34:12.630 Institute to basically join the Department.
NOTE Confidence: 0.8703704

00:34:12.630 --> 00:34:14.957 So here I was building basic
NOTE Confidence: 0.8703704

00:34:14.957 --> 00:34:15.731 neuroscience, microbiology,
NOTE Confidence: 0.8703704

00:34:15.731 --> 00:34:17.279 expanding hospital community psychiatry.
NOTE Confidence: 0.8703704

00:34:17.280 --> 00:34:18.824 the Dallas Psychoanalytical Institute
NOTE Confidence: 0.8703704

00:34:18.824 --> 00:34:20.754 was housed within my Department,

NOTE Confidence: 0.8703704

00:34:20.760 --> 00:34:23.076 just a floor under my office,

NOTE Confidence: 0.8703704

00:34:23.080 --> 00:34:25.020 and they were not beforehand.

NOTE Confidence: 0.8703704

00:34:25.020 --> 00:34:26.178 They were not.

NOTE Confidence: 0.8439511

00:34:26.180 --> 00:34:28.496 They were in the community and

NOTE Confidence: 0.8439511

00:34:28.500 --> 00:34:31.209 they and you know, they were part.

NOTE Confidence: 0.8439511

00:34:31.210 --> 00:34:33.526 They were affiliated with the Department,

NOTE Confidence: 0.8439511

00:34:33.530 --> 00:34:35.078 but not so tightly,

NOTE Confidence: 0.8439511

00:34:35.080 --> 00:34:38.280 and so we worked hard with our residency

NOTE Confidence: 0.8439511

00:34:38.280 --> 00:34:40.708 training director Paul Mole. And others.

NOTE Confidence: 0.8439511

00:34:40.708 --> 00:34:43.746 To provide an education for our residents

NOTE Confidence: 0.8439511

00:34:43.746 --> 00:34:46.280 that reflected that integration.

NOTE Confidence: 0.8439511

00:34:46.280 --> 00:34:49.070 And I felt that that was

NOTE Confidence: 0.8439511

00:34:49.070 --> 00:34:50.930 a really nice achievement.

NOTE Confidence: 0.8439511

00:34:50.930 --> 00:34:54.354 And so it really reflects very well on

NOTE Confidence: 0.8439511

00:34:54.354 --> 00:34:57.594 the psychiatric community in Dallas and UT

NOTE Confidence: 0.8439511

00:34:57.594 --> 00:35:00.690 Southwestern overall to be more flexible,
NOTE Confidence: 0.8439511

00:35:00.690 --> 00:35:03.350 more reasonable.
NOTE Confidence: 0.8439511

00:35:03.350 --> 00:35:06.696 More agile and nimble than a far
NOTE Confidence: 0.8439511

00:35:06.696 --> 00:35:09.000 superior Department at the time,
NOTE Confidence: 0.8439511

00:35:09.000 --> 00:35:10.704 which was at Yale.
NOTE Confidence: 0.8439511

00:35:10.704 --> 00:35:14.272 But it speaks to the value of being
NOTE Confidence: 0.8439511

00:35:14.272 --> 00:35:17.457 new and being on the frontier and
NOTE Confidence: 0.8439511

00:35:17.457 --> 00:35:20.569 being able to do things differently
NOTE Confidence: 0.8439511

00:35:20.569 --> 00:35:24.483 as opposed to being part of a several
NOTE Confidence: 0.8439511

00:35:24.483 --> 00:35:27.189 100 year old enterprise where things
NOTE Confidence: 0.8439511

00:35:27.189 --> 00:35:31.520 get stodgy and setting concrete.
NOTE Confidence: 0.8439511

00:35:31.520 --> 00:35:32.764 And you know,
NOTE Confidence: 0.8439511

00:35:32.764 --> 00:35:35.613 so my criticism of an old Department
NOTE Confidence: 0.8439511

00:35:35.613 --> 00:35:38.855 or let me phrase it more positively.
NOTE Confidence: 0.8439511

00:35:38.860 --> 00:35:41.020 The challenge for an old,
NOTE Confidence: 0.8439511

00:35:41.020 --> 00:35:43.180 established Department is to find

NOTE Confidence: 0.8439511
00:35:43.180 --> 00:35:45.779 a way to retain the innovation
NOTE Confidence: 0.8439511
00:35:45.780 --> 00:35:49.440 so that they can continue to.
NOTE Confidence: 0.8439511
00:35:49.440 --> 00:35:52.255 Adapt positively to all the new
NOTE Confidence: 0.8439511
00:35:52.255 --> 00:35:55.539 advances that are coming from the field.
NOTE Confidence: 0.91858864
00:35:56.870 --> 00:36:02.300 I feel like. You must be an extremely
NOTE Confidence: 0.91858864
00:36:02.300 --> 00:36:04.630 charismatic person to balance tradition,
NOTE Confidence: 0.91858864
00:36:04.630 --> 00:36:07.598 which is how a lot of people
NOTE Confidence: 0.91858864
00:36:07.598 --> 00:36:09.760 view their clinical practice,
NOTE Confidence: 0.91858864
00:36:09.760 --> 00:36:12.580 specially older clinicians with this
NOTE Confidence: 0.91858864
00:36:12.580 --> 00:36:15.790 innovative stance that you're promoting. You
NOTE Confidence: 0.90723324
00:36:15.790 --> 00:36:19.336 know I don't like to toot my own horn,
NOTE Confidence: 0.90723324
00:36:19.340 --> 00:36:24.280 but I think that the one thing that I can do.
NOTE Confidence: 0.90723324
00:36:24.280 --> 00:36:27.088 That I do do is respect.
NOTE Confidence: 0.90723324
00:36:27.090 --> 00:36:29.376 What other people are good at
NOTE Confidence: 0.90723324
00:36:29.376 --> 00:36:31.570 and recognize what I'm good at,
NOTE Confidence: 0.90723324

00:36:31.570 --> 00:36:33.508 so I would never put myself
NOTE Confidence: 0.90723324

00:36:33.508 --> 00:36:35.670 up as a model clinician.
NOTE Confidence: 0.90723324

00:36:35.670 --> 00:36:37.908 You know, I've had a limited
NOTE Confidence: 0.90723324

00:36:37.908 --> 00:36:39.400 clinical experience in Mycareer,
NOTE Confidence: 0.90723324

00:36:39.400 --> 00:36:42.452 and so it was easy when I
NOTE Confidence: 0.90723324

00:36:42.452 --> 00:36:44.940 moved to Dallas and I met.
NOTE Confidence: 0.90723324

00:36:44.940 --> 00:36:47.450 This army of outstanding clinicians
NOTE Confidence: 0.90723324

00:36:47.450 --> 00:36:50.453 to respect and admire and appreciate
NOTE Confidence: 0.90723324

00:36:50.453 --> 00:36:53.330 what they did and and I think
NOTE Confidence: 0.90723324

00:36:53.330 --> 00:36:56.059 that made it possible for them in
NOTE Confidence: 0.90723324

00:36:56.059 --> 00:36:58.110 turn to be extremely enthusiastic
NOTE Confidence: 0.90723324

00:36:58.110 --> 00:37:00.948 about this brave new world of
NOTE Confidence: 0.90723324

00:37:00.948 --> 00:37:02.840 molecular biology and neuroscience
NOTE Confidence: 0.90723324

00:37:02.923 --> 00:37:04.698 that I was exposing them
NOTE Confidence: 0.8588519

00:37:04.700 --> 00:37:07.766 to. So you fostered an environment of
NOTE Confidence: 0.8588519

00:37:07.766 --> 00:37:11.590 mutual respect, then an even when.

NOTE Confidence: 0.8588519
00:37:11.590 --> 00:37:14.450 I'm trying to understand that
NOTE Confidence: 0.8588519
00:37:14.450 --> 00:37:18.720 dynamic term or so I've sensed that.
NOTE Confidence: 0.8588519
00:37:18.720 --> 00:37:21.200 Some people feel threatened by
NOTE Confidence: 0.8588519
00:37:21.200 --> 00:37:24.731 novelty or by innovation in such a
NOTE Confidence: 0.8588519
00:37:24.731 --> 00:37:27.605 way that they become more entrenched
NOTE Confidence: 0.8588519
00:37:27.605 --> 00:37:30.782 in tradition and so especially given
NOTE Confidence: 0.8588519
00:37:30.782 --> 00:37:33.442 the limitations of your science,
NOTE Confidence: 0.8588519
00:37:33.450 --> 00:37:35.990 which largely still exists today,
NOTE Confidence: 0.8588519
00:37:35.990 --> 00:37:38.990 clinically mean marrying those two seems
NOTE Confidence: 0.8588519
00:37:38.990 --> 00:37:42.599 that it would have been very complex.
NOTE Confidence: 0.8588519
00:37:42.600 --> 00:37:44.121 Yeah, you know.
NOTE Confidence: 0.8588519
00:37:44.121 --> 00:37:46.149 So to your point,
NOTE Confidence: 0.8649418
00:37:46.150 --> 00:37:49.456 I would say you asked me
NOTE Confidence: 0.8649418
00:37:49.456 --> 00:37:52.090 earlier about the reactions to.
NOTE Confidence: 0.8649418
00:37:52.090 --> 00:37:53.426 The Laboratory of Molecular
NOTE Confidence: 0.8649418

00:37:53.426 --> 00:37:55.096 Psychiatry is a provocation within
NOTE Confidence: 0.8649418

00:37:55.096 --> 00:37:57.060 the yield Department of Psychiatry,
NOTE Confidence: 0.8649418

00:37:57.060 --> 00:37:58.675 the people who were probably
NOTE Confidence: 0.8649418

00:37:58.675 --> 00:37:59.967 most negative and threatened
NOTE Confidence: 0.8649418

00:37:59.967 --> 00:38:01.680 where the other neurobiologists.
NOTE Confidence: 0.8649418

00:38:01.680 --> 00:38:03.806 No kidding, not the hospital community.
NOTE Confidence: 0.8649418

00:38:03.806 --> 00:38:05.230 Psychiatrists are the psycho,
NOTE Confidence: 0.8649418

00:38:05.230 --> 00:38:05.940 an psychoanalyst.
NOTE Confidence: 0.8649418

00:38:05.940 --> 00:38:08.780 I think that they were as I said,
NOTE Confidence: 0.8649418

00:38:08.780 --> 00:38:11.265 so I mean as a curiosity or
NOTE Confidence: 0.8649418

00:38:11.265 --> 00:38:12.330 intrigued and interested,
NOTE Confidence: 0.8649418

00:38:12.330 --> 00:38:14.330 it was the neurobiologists because
NOTE Confidence: 0.8649418

00:38:14.330 --> 00:38:17.514 it was they I was referring to when
NOTE Confidence: 0.8649418

00:38:17.514 --> 00:38:20.097 I was saying you guys are not.
NOTE Confidence: 0.8649418

00:38:20.100 --> 00:38:22.260 Taking the full sophistication of
NOTE Confidence: 0.8649418

00:38:22.260 --> 00:38:23.988 what's available on neuroscience

NOTE Confidence: 0.8649418
00:38:23.988 --> 00:38:26.177 and applying it to questions
NOTE Confidence: 0.8649418
00:38:26.177 --> 00:38:27.446 relevant to psychiatry.
NOTE Confidence: 0.8649418
00:38:27.450 --> 00:38:27.790 I
NOTE Confidence: 0.89738536
00:38:27.790 --> 00:38:30.177 hadn't imagined that. So how do you?
NOTE Confidence: 0.89738536
00:38:30.180 --> 00:38:31.880 How do you navigate that
NOTE Confidence: 0.89738536
00:38:31.880 --> 00:38:33.584 conversation? That was probably
NOTE Confidence: 0.89738536
00:38:33.584 --> 00:38:36.140 one of the greatest points of.
NOTE Confidence: 0.89738536
00:38:36.140 --> 00:38:38.088 Article awkwardness and contention.
NOTE Confidence: 0.89738536
00:38:38.088 --> 00:38:41.740 In my early years on the faculty,
NOTE Confidence: 0.89738536
00:38:41.740 --> 00:38:43.644 not everybody was happy.
NOTE Confidence: 0.89738536
00:38:43.644 --> 00:38:47.651 After five years of me being a a
NOTE Confidence: 0.89738536
00:38:47.651 --> 00:38:50.291 provocative assistant professor and this
NOTE Confidence: 0.89738536
00:38:50.291 --> 00:38:53.168 is allowed Mountain at Yale Loudmouth,
NOTE Confidence: 0.89738536
00:38:53.168 --> 00:38:56.360 assistant professor for me to be named
NOTE Confidence: 0.89738536
00:38:56.440 --> 00:38:59.638 the director of the Ribicoff facilities.
NOTE Confidence: 0.89738536

00:38:59.640 --> 00:39:00.620 Not everybody.
NOTE Confidence: 0.8016875

00:39:01.360 --> 00:39:02.660 In the North, in
NOTE Confidence: 0.8016875

00:39:02.660 --> 00:39:03.964 there now, that's right.
NOTE Confidence: 0.8016875

00:39:03.964 --> 00:39:05.594 Not everybody was happy with
NOTE Confidence: 0.850037525

00:39:05.600 --> 00:39:08.056 that. So as chair, then you were able
NOTE Confidence: 0.850037525

00:39:08.056 --> 00:39:10.049 to both encourage the development
NOTE Confidence: 0.850037525

00:39:10.049 --> 00:39:12.665 of the neurobiology and then also
NOTE Confidence: 0.850037525

00:39:12.665 --> 00:39:15.090 help build the clinical practice,
NOTE Confidence: 0.850037525

00:39:15.090 --> 00:39:17.596 both quite significantly so you set the
NOTE Confidence: 0.850037525

00:39:17.596 --> 00:39:20.314 shift in funding was dramatic, as was
NOTE Confidence: 0.850037525

00:39:20.314 --> 00:39:22.922 the growth in clinical practice is yes.
NOTE Confidence: 0.850037525

00:39:22.922 --> 00:39:25.533 And so you were still very much.
NOTE Confidence: 0.850037525

00:39:25.533 --> 00:39:27.398 You know, the physician and
NOTE Confidence: 0.850037525

00:39:27.398 --> 00:39:28.890 the scientists building both.
NOTE Confidence: 0.850037525

00:39:28.890 --> 00:39:30.009 How did you?
NOTE Confidence: 0.850037525

00:39:30.009 --> 00:39:32.620 How do you do something like that?

NOTE Confidence: 0.850037525
00:39:32.620 --> 00:39:34.909 Did you get you had instant buy
NOTE Confidence: 0.850037525
00:39:34.909 --> 00:39:37.189 in from the community there?
NOTE Confidence: 0.850037525
00:39:37.190 --> 00:39:39.194 And then everyone kind of banded
NOTE Confidence: 0.850037525
00:39:39.194 --> 00:39:40.920 together in their respective parts.
NOTE Confidence: 0.850037525
00:39:40.920 --> 00:39:43.335 Or how did you avoid that fracturing
NOTE Confidence: 0.850037525
00:39:43.335 --> 00:39:45.670 of the Department that you said, you
NOTE Confidence: 0.87903523
00:39:45.670 --> 00:39:48.374 know? I don't know the answer to your
NOTE Confidence: 0.87903523
00:39:48.374 --> 00:39:50.490 question, but I can say in retrospect
NOTE Confidence: 0.87903523
00:39:50.490 --> 00:39:53.219 that I felt that there was very little
NOTE Confidence: 0.87903523
00:39:53.219 --> 00:39:55.840 resistance to doing just what you said.
NOTE Confidence: 0.87903523
00:39:55.840 --> 00:39:58.059 Whereas in contrast, I had spent 13
NOTE Confidence: 0.87903523
00:39:58.059 --> 00:40:00.669 years on the Yale Psychiatry faculty.
NOTE Confidence: 0.87903523
00:40:00.670 --> 00:40:03.435 And I was part of a tremendous
NOTE Confidence: 0.87903523
00:40:03.435 --> 00:40:05.428 degree of fractionation that was
NOTE Confidence: 0.87903523
00:40:05.428 --> 00:40:07.990 evident to me and many other people,
NOTE Confidence: 0.87903523

00:40:07.990 --> 00:40:12.078 so I don't know what was so different.

NOTE Confidence: 0.87903523

00:40:12.080 --> 00:40:15.410 Fast and not just it could be the newness.

NOTE Confidence: 0.87903523

00:40:15.410 --> 00:40:17.260 Dallas is a newer city,

NOTE Confidence: 0.87903523

00:40:17.260 --> 00:40:19.850 you T Southwestern as a newer school.

NOTE Confidence: 0.87903523

00:40:19.850 --> 00:40:21.700 The psychiatric community is smaller,

NOTE Confidence: 0.87903523

00:40:21.700 --> 00:40:22.440 less established.

NOTE Confidence: 0.87903523

00:40:22.440 --> 00:40:23.920 The faculty were newer.

NOTE Confidence: 0.87903523

00:40:23.920 --> 00:40:25.770 You know, there's this frontier

NOTE Confidence: 0.87903523

00:40:25.770 --> 00:40:27.250 spirit that is positive.

NOTE Confidence: 0.8352

00:40:29.260 --> 00:40:32.128 So then your transition from Dallas

NOTE Confidence: 0.8352

00:40:32.128 --> 00:40:35.727 back to East Coast you into New York.

NOTE Confidence: 0.8352

00:40:35.730 --> 00:40:38.957 That was also another position of leadership.

NOTE Confidence: 0.8352

00:40:38.960 --> 00:40:41.732 Yes, now you're a Dean of

NOTE Confidence: 0.8352

00:40:41.732 --> 00:40:43.580 scientific affairs and Dean

NOTE Confidence: 0.8352

00:40:43.580 --> 00:40:45.890 for academic and scientific affairs.

NOTE Confidence: 0.8352

00:40:45.890 --> 00:40:49.610 Essentially Dean for research.

NOTE Confidence: 0.8352

00:40:49.610 --> 00:40:52.067 And when I moved to Mount Sinai,

NOTE Confidence: 0.8352

00:40:52.070 --> 00:40:54.226 I was director of the Friedman Brain

NOTE Confidence: 0.8352

00:40:54.226 --> 00:40:56.409 Institute which was charged with bringing

NOTE Confidence: 0.8352

00:40:56.409 --> 00:40:58.404 all neuroscience together on campus.

NOTE Confidence: 0.8352

00:40:58.410 --> 00:41:01.226 So this is an ideal opportunity for me,

NOTE Confidence: 0.8352

00:41:01.230 --> 00:41:02.224 which what?

NOTE Confidence: 0.8352

00:41:02.224 --> 00:41:06.200 Is what appealed to me so much about

NOTE Confidence: 0.8352

00:41:06.308 --> 00:41:10.223 it is that it was a platform where I

NOTE Confidence: 0.8352

00:41:10.223 --> 00:41:13.765 could now at a bigger scale bridge.

NOTE Confidence: 0.8352

00:41:13.770 --> 00:41:15.174 Basic neuroscience, neurology,

NOTE Confidence: 0.8352

00:41:15.174 --> 00:41:16.110 psychiatry, neurosurgery.

NOTE Confidence: 0.8352

00:41:16.110 --> 00:41:17.982 Now into these integrated

NOTE Confidence: 0.8352

00:41:17.982 --> 00:41:19.854 research to clinical programs,

NOTE Confidence: 0.8352

00:41:19.860 --> 00:41:22.800 the Mount Sinai Department of

NOTE Confidence: 0.8352

00:41:22.800 --> 00:41:25.152 Psychiatry is an interesting.

NOTE Confidence: 0.8352

00:41:25.160 --> 00:41:26.486 Entity in itself,
NOTE Confidence: 0.8352

00:41:26.486 --> 00:41:28.696 within with along culture that
NOTE Confidence: 0.8352

00:41:28.696 --> 00:41:31.187 Jive very well with this goal.
NOTE Confidence: 0.8352

00:41:31.190 --> 00:41:32.483 So along time,
NOTE Confidence: 0.8352

00:41:32.483 --> 00:41:35.500 chair of the Department is Ken Davis,
NOTE Confidence: 0.8352

00:41:35.500 --> 00:41:38.515 who is now our CEO and can build the
NOTE Confidence: 0.8352

00:41:38.515 --> 00:41:41.004 Mount Sinai Department of Psychiatry
NOTE Confidence: 0.8352

00:41:41.004 --> 00:41:44.112 on a very strong biological model.
NOTE Confidence: 0.8352

00:41:44.120 --> 00:41:46.406 So while you mentioned that many
NOTE Confidence: 0.8352

00:41:46.406 --> 00:41:49.036 East Coast schools tend to be
NOTE Confidence: 0.8352

00:41:49.036 --> 00:41:50.587 more psychodynamically oriented,
NOTE Confidence: 0.8352

00:41:50.590 --> 00:41:54.038 that's not the case here at Mount Sinai.
NOTE Confidence: 0.8352

00:41:54.040 --> 00:41:56.620 We have very strong clinical programs,
NOTE Confidence: 0.8352

00:41:56.620 --> 00:41:58.416 very strong psychodynamic psychiatrists.
NOTE Confidence: 0.8352

00:41:58.416 --> 00:42:02.017 But the heart and soul of the Department
NOTE Confidence: 0.8352

00:42:02.017 --> 00:42:04.519 has been focused around the brain.

NOTE Confidence: 0.8352

00:42:04.520 --> 00:42:08.320 So it's been a fabulous substrate for me.

NOTE Confidence: 0.8352

00:42:08.320 --> 00:42:10.220 The funding that's available

NOTE Confidence: 0.8352

00:42:10.220 --> 00:42:12.120 in New York City,

NOTE Confidence: 0.8352

00:42:12.120 --> 00:42:14.240 through philanthropy and through

NOTE Confidence: 0.8352

00:42:14.240 --> 00:42:17.420 Mount Sinai has been an order

NOTE Confidence: 0.8352

00:42:17.508 --> 00:42:20.073 of magnitude greater even than

NOTE Confidence: 0.8352

00:42:20.073 --> 00:42:22.638 what was available in Dallas.

NOTE Confidence: 0.8352

00:42:22.640 --> 00:42:28.013 And has made it possible for us to sustain.

NOTE Confidence: 0.8352

00:42:28.020 --> 00:42:31.200 I think an unprecedented degree of

NOTE Confidence: 0.8352

00:42:31.200 --> 00:42:34.600 growth across our basic neuroscience,

NOTE Confidence: 0.8352

00:42:34.600 --> 00:42:35.938 clinical neuroscience,

NOTE Confidence: 0.8352

00:42:35.938 --> 00:42:38.614 and clinical treatment programs

NOTE Confidence: 0.8352

00:42:38.614 --> 00:42:41.290 across the different departments.

NOTE Confidence: 0.8352

00:42:41.290 --> 00:42:43.382 And I'm talking about 50

NOTE Confidence: 0.8352

00:42:43.382 --> 00:42:45.054 new basic science faculty,

NOTE Confidence: 0.8352

00:42:45.060 --> 00:42:47.160 50 new clinical science faculty,
NOTE Confidence: 0.8352

00:42:47.160 --> 00:42:48.832 hundreds of new clinicians,
NOTE Confidence: 0.8352

00:42:48.832 --> 00:42:50.086 and so on.
NOTE Confidence: 0.87608075

00:42:51.440 --> 00:42:54.470 And you mentioned something that was
NOTE Confidence: 0.87608075

00:42:54.470 --> 00:42:57.750 that kind of piqued my interest of
NOTE Confidence: 0.87608075

00:42:57.750 --> 00:43:01.190 how now you are able to have an even
NOTE Confidence: 0.87608075

00:43:01.190 --> 00:43:03.399 higher level view over neurosurgery,
NOTE Confidence: 0.87608075

00:43:03.399 --> 00:43:04.728 neurology and psychiatry.
NOTE Confidence: 0.87608075

00:43:04.730 --> 00:43:09.100 And I'm curious what differences you see or.
NOTE Confidence: 0.87608075

00:43:09.100 --> 00:43:11.185 If the you know specific
NOTE Confidence: 0.87608075

00:43:11.185 --> 00:43:12.436 to molecular neuroscience,
NOTE Confidence: 0.87608075

00:43:12.440 --> 00:43:15.100 whether you feel that that has been
NOTE Confidence: 0.87608075

00:43:15.100 --> 00:43:17.720 integrated in some way differently if
NOTE Confidence: 0.87608075

00:43:17.720 --> 00:43:19.970 through those medical door specialties,
NOTE Confidence: 0.87608075

00:43:19.970 --> 00:43:21.220 sure, and why
NOTE Confidence: 0.83163583

00:43:21.220 --> 00:43:23.728 that would be, yeah, you know,

NOTE Confidence: 0.83163583
00:43:23.730 --> 00:43:25.398 definitely to this day,
NOTE Confidence: 0.83163583
00:43:25.398 --> 00:43:27.066 the neuroscience per say,
NOTE Confidence: 0.83163583
00:43:27.070 --> 00:43:29.290 is far more integrated in neurology
NOTE Confidence: 0.83163583
00:43:29.290 --> 00:43:32.268 than the other two disciplines, least.
NOTE Confidence: 0.83163583
00:43:32.268 --> 00:43:35.258 So in psychiatry, by far.
NOTE Confidence: 0.83163583
00:43:35.260 --> 00:43:37.610 Our neurology residents meet weekly
NOTE Confidence: 0.83163583
00:43:37.610 --> 00:43:40.468 for lunch over lunch hour where
NOTE Confidence: 0.83163583
00:43:40.468 --> 00:43:43.485 there are brain scans on the board
NOTE Confidence: 0.83163583
00:43:43.485 --> 00:43:45.430 and discussions of jeans and.
NOTE Confidence: 0.83163583
00:43:45.430 --> 00:43:47.134 Protein aggregates contributing to
NOTE Confidence: 0.83163583
00:43:47.134 --> 00:43:49.265 neurodegenerative disorders, and so on,
NOTE Confidence: 0.83163583
00:43:49.265 --> 00:43:51.815 and that's the psychiatry resident lunches.
NOTE Confidence: 0.83163583
00:43:51.820 --> 00:43:52.708 It's unusual,
NOTE Confidence: 0.83163583
00:43:52.708 --> 00:43:55.816 have a brain scan on the board
NOTE Confidence: 0.83163583
00:43:55.816 --> 00:43:58.947 and unusual to talk about jeans.
NOTE Confidence: 0.83163583

00:43:58.950 --> 00:44:01.600 Partly because the science hasn't
NOTE Confidence: 0.83163583

00:44:01.600 --> 00:44:04.774 yet provided the information that is
NOTE Confidence: 0.83163583

00:44:04.774 --> 00:44:07.432 clinically relevant for the residents to
NOTE Confidence: 0.83163583

00:44:07.432 --> 00:44:10.897 take care of their patients of the day.
NOTE Confidence: 0.83163583

00:44:10.900 --> 00:44:12.808 Neurosurgery is also very
NOTE Confidence: 0.83163583

00:44:12.808 --> 00:44:15.281 focused on the brain. Obviously.
NOTE Confidence: 0.83163583

00:44:15.281 --> 00:44:18.647 You know from a more practical
NOTE Confidence: 0.83163583

00:44:18.647 --> 00:44:21.176 manipulating point of view of
NOTE Confidence: 0.83163583

00:44:21.176 --> 00:44:23.808 how one can go into the brain,
NOTE Confidence: 0.83163583

00:44:23.810 --> 00:44:24.716 dissect pathways,
NOTE Confidence: 0.83163583

00:44:24.716 --> 00:44:25.169 cells,
NOTE Confidence: 0.83163583

00:44:25.169 --> 00:44:27.434 circuits safely and with innovative
NOTE Confidence: 0.83163583

00:44:27.434 --> 00:44:29.539 devices and imaging equipment.
NOTE Confidence: 0.86807996

00:44:30.880 --> 00:44:33.370 And you're still use of
NOTE Confidence: 0.86807996

00:44:33.370 --> 00:44:34.870 an ongoing laboratory.
NOTE Confidence: 0.86807996

00:44:34.870 --> 00:44:39.366 I still have it in my basic science lab,

NOTE Confidence: 0.86807996
00:44:39.366 --> 00:44:40.860 which is amazing.
NOTE Confidence: 0.86807996
00:44:40.860 --> 00:44:43.848 So busy doing all these things,
NOTE Confidence: 0.86807996
00:44:43.850 --> 00:44:47.623 I'm curious how you guide your graduate
NOTE Confidence: 0.86807996
00:44:47.623 --> 00:44:50.872 students or postdocs and that sort
NOTE Confidence: 0.86807996
00:44:50.872 --> 00:44:53.944 of conversation you have to someone
NOTE Confidence: 0.86807996
00:44:53.944 --> 00:44:56.648 looking to have a clinical impact
NOTE Confidence: 0.86807996
00:44:56.648 --> 00:45:00.910 in a brain based disease specialty.
NOTE Confidence: 0.86807996
00:45:00.910 --> 00:45:02.380 What is that conversation like?
NOTE Confidence: 0.86807996
00:45:02.380 --> 00:45:04.540 So say I was a postdoc or grad
NOTE Confidence: 0.86807996
00:45:04.540 --> 00:45:06.947 student and I was like I want to do
NOTE Confidence: 0.86807996
00:45:06.947 --> 00:45:09.138 something that I have clinical impact.
NOTE Confidence: 0.86807996
00:45:09.140 --> 00:45:11.072 Kind of the way that you felt
NOTE Confidence: 0.86807996
00:45:11.072 --> 00:45:12.670 when you were a resident.
NOTE Confidence: 0.86807996
00:45:12.670 --> 00:45:13.549 How would that
NOTE Confidence: 0.8397215
00:45:13.550 --> 00:45:14.138 conversation go?
NOTE Confidence: 0.8397215

00:45:14.138 --> 00:45:15.608 Well, they would be twofold.

NOTE Confidence: 0.8397215

00:45:15.610 --> 00:45:17.950 One would be for the PHD's and the other

NOTE Confidence: 0.8397215

00:45:17.950 --> 00:45:20.017 would be for the physician scientist.

NOTE Confidence: 0.8397215

00:45:20.020 --> 00:45:22.274 The MD PHD's 'cause it would be

NOTE Confidence: 0.8397215

00:45:22.274 --> 00:45:23.882 different conversations for most of

NOTE Confidence: 0.8397215

00:45:23.882 --> 00:45:25.352 the graduate students and postdocs

NOTE Confidence: 0.8397215

00:45:25.352 --> 00:45:27.658 who were in my lap by joining my lab.

NOTE Confidence: 0.8397215

00:45:27.660 --> 00:45:29.070 They've already stated their interest

NOTE Confidence: 0.8397215

00:45:29.070 --> 00:45:30.900 in working in disease oriented research,

NOTE Confidence: 0.8397215

00:45:30.900 --> 00:45:32.718 doing basic research but within models.

NOTE Confidence: 0.8397215

00:45:32.720 --> 00:45:35.520 Of psychiatric neurologic diseases and

NOTE Confidence: 0.8397215

00:45:35.520 --> 00:45:40.354 what I think my lap can provide them is

NOTE Confidence: 0.8397215

00:45:40.354 --> 00:45:44.437 a good pathway or template and how they

NOTE Confidence: 0.8397215

00:45:44.437 --> 00:45:47.695 could fashion their careers as well.

NOTE Confidence: 0.8397215

00:45:47.700 --> 00:45:48.730 For MD PHD's,

NOTE Confidence: 0.8397215

00:45:48.730 --> 00:45:50.800 it's been more problematic for me,

NOTE Confidence: 0.8397215
00:45:50.800 --> 00:45:53.194 and I've thought a lot about this.
NOTE Confidence: 0.8397215
00:45:53.200 --> 00:45:54.397 I have tried.
NOTE Confidence: 0.8397215
00:45:54.397 --> 00:45:57.190 I've had probably over 20 MD PHD's
NOTE Confidence: 0.8397215
00:45:57.275 --> 00:46:00.019 in my lap over the last 30 years.
NOTE Confidence: 0.8397215
00:46:00.020 --> 00:46:00.947 And I have.
NOTE Confidence: 0.8397215
00:46:00.947 --> 00:46:03.110 I've thought I've tried to convince every
NOTE Confidence: 0.8397215
00:46:03.175 --> 00:46:05.567 single one of them to go into psychiatry.
NOTE Confidence: 0.8397215
00:46:05.570 --> 00:46:06.641 As of now,
NOTE Confidence: 0.8397215
00:46:06.641 --> 00:46:08.426 if my numbers are correct,
NOTE Confidence: 0.8397215
00:46:08.430 --> 00:46:11.562 I think only one has most have gone into
NOTE Confidence: 0.8397215
00:46:11.562 --> 00:46:14.135 neurology and a few in other disciplines,
NOTE Confidence: 0.8397215
00:46:14.140 --> 00:46:17.276 and I've thought about why that is.
NOTE Confidence: 0.8397215
00:46:17.280 --> 00:46:19.536 I think one of the reasons is that
NOTE Confidence: 0.8397215
00:46:19.536 --> 00:46:21.679 when my MD PhD students finish in
NOTE Confidence: 0.8397215
00:46:21.679 --> 00:46:24.198 the lab and go back to the clinic,
NOTE Confidence: 0.8397215

00:46:24.200 --> 00:46:27.084 they were all gung ho for psychiatry.
NOTE Confidence: 0.8397215

00:46:27.090 --> 00:46:29.244 And then they do their psychiatry
NOTE Confidence: 0.8397215

00:46:29.244 --> 00:46:31.098 clerkship and they realized that
NOTE Confidence: 0.8397215

00:46:31.098 --> 00:46:33.216 there's no science in the clinical
NOTE Confidence: 0.8397215

00:46:33.216 --> 00:46:35.092 psychiatry and where I was willing
NOTE Confidence: 0.8397215

00:46:35.092 --> 00:46:37.876 to make the leap and say that's OK,
NOTE Confidence: 0.8397215

00:46:37.880 --> 00:46:40.309 I can bring the science to psychiatry.
NOTE Confidence: 0.8397215

00:46:40.310 --> 00:46:42.050 That's an opportunity for me.
NOTE Confidence: 0.8397215

00:46:42.050 --> 00:46:43.115 For whatever reason,
NOTE Confidence: 0.8397215

00:46:43.115 --> 00:46:44.890 these individuals are not willing
NOTE Confidence: 0.8397215

00:46:44.890 --> 00:46:46.229 to make that leap.
NOTE Confidence: 0.8397215

00:46:46.230 --> 00:46:48.168 They want to join a discipline
NOTE Confidence: 0.8397215

00:46:48.168 --> 00:46:50.409 where the science is already there.
NOTE Confidence: 0.8251893

00:46:52.030 --> 00:46:54.347 What do you suppose the difference is?
NOTE Confidence: 0.8251893

00:46:54.350 --> 00:46:56.010 Just generally curious. I mean,
NOTE Confidence: 0.8251893

00:46:56.010 --> 00:46:58.334 obviously you're the guy who wrote the

NOTE Confidence: 0.8251893

00:46:58.340 --> 00:47:00.326 book about. Yeah, I don't know.

NOTE Confidence: 0.8251893

00:47:00.330 --> 00:47:02.490 We certainly see a good number

NOTE Confidence: 0.8251893

00:47:02.490 --> 00:47:05.290 of MD PHD's go into psychiatry.

NOTE Confidence: 0.8251893

00:47:05.290 --> 00:47:07.822 A bit more than went into

NOTE Confidence: 0.8251893

00:47:07.822 --> 00:47:10.306 psychiatry in my year, but frankly,

NOTE Confidence: 0.8251893

00:47:10.306 --> 00:47:13.092 nationally we don't see the army of

NOTE Confidence: 0.8251893

00:47:13.092 --> 00:47:16.633 MD PhD students who want to go into

NOTE Confidence: 0.8251893

00:47:16.633 --> 00:47:18.956 oncology or immunology, for example.

NOTE Confidence: 0.8251893

00:47:18.956 --> 00:47:22.980 It's a different level in those other fields.

NOTE Confidence: 0.8251893

00:47:22.980 --> 00:47:26.004 And I I don't know what that difference is,

NOTE Confidence: 0.8251893

00:47:26.010 --> 00:47:27.695 but we're continuing to say

NOTE Confidence: 0.8251893

00:47:27.695 --> 00:47:29.722 about the same number, choose it,

NOTE Confidence: 0.8251893

00:47:29.722 --> 00:47:32.078 but not the people in my lab.

NOTE Confidence: 0.8251893

00:47:32.080 --> 00:47:33.168 I think it's so.

NOTE Confidence: 0.8251893

00:47:33.168 --> 00:47:35.354 Then I have to take some of

NOTE Confidence: 0.8251893

00:47:35.354 --> 00:47:36.800 the responsibility myself.
NOTE Confidence: 0.8251893

00:47:36.800 --> 00:47:38.766 And then I thought, well, Gee,
NOTE Confidence: 0.8251893

00:47:38.766 --> 00:47:40.768 maybe there is something about the way
NOTE Confidence: 0.8251893

00:47:40.768 --> 00:47:42.858 that I've been presenting psychiatry,
NOTE Confidence: 0.8251893

00:47:42.860 --> 00:47:45.412 even though I love the field of psychiatry
NOTE Confidence: 0.8251893

00:47:45.412 --> 00:47:47.917 and I am ferociously loyal to it.
NOTE Confidence: 0.8251893

00:47:47.920 --> 00:47:51.226 While I am a loyal critic.
NOTE Confidence: 0.8251893

00:47:51.230 --> 00:47:53.075 Maybe the criticism that I've
NOTE Confidence: 0.8251893

00:47:53.075 --> 00:47:54.920 made of psychiatry has filtered
NOTE Confidence: 0.8251893

00:47:54.984 --> 00:47:56.930 into my students in a way that
NOTE Confidence: 0.8251893

00:47:56.930 --> 00:47:58.859 has turned them off to the field.
NOTE Confidence: 0.8251893

00:47:58.860 --> 00:48:01.156 So I've in the last 10 years since
NOTE Confidence: 0.8251893

00:48:01.156 --> 00:48:03.208 moving to Mount Sinai have been
NOTE Confidence: 0.8251893

00:48:03.208 --> 00:48:05.320 very conscious of that and tried
NOTE Confidence: 0.8251893

00:48:05.394 --> 00:48:07.794 to be a lot more positive with my
NOTE Confidence: 0.8251893

00:48:07.794 --> 00:48:09.354 students and muted my criticism.

NOTE Confidence: 0.8251893

00:48:09.354 --> 00:48:10.626 But to be honest,

NOTE Confidence: 0.8251893

00:48:10.630 --> 00:48:12.856 I haven't seen a change in their

NOTE Confidence: 0.8251893

00:48:12.856 --> 00:48:15.078 choice of psychiatry, so I don't know.

NOTE Confidence: 0.8251893

00:48:15.078 --> 00:48:16.663 Maybe they don't know why.

NOTE Confidence: 0.87361217

00:48:16.670 --> 00:48:18.255 Maybe they sense that in

NOTE Confidence: 0.87361217

00:48:18.255 --> 00:48:19.206 their clinical rotations.

NOTE Confidence: 0.8333163

00:48:31.390 --> 00:48:33.322 We hope you enjoyed that episode.

NOTE Confidence: 0.8333163

00:48:33.322 --> 00:48:35.898 Many thanks to Eric for being on the

NOTE Confidence: 0.8333163

00:48:35.898 --> 00:48:38.146 podcast and letting me take in little

NOTE Confidence: 0.8333163

00:48:38.150 --> 00:48:40.730 over an hour from his day. Such a

NOTE Confidence: 0.8333163

00:48:40.730 --> 00:48:42.018 busy fellow is a

NOTE Confidence: 0.8333163

00:48:42.020 --> 00:48:43.946 real treat to not only meet

NOTE Confidence: 0.8333163

00:48:43.950 --> 00:48:45.880 him in person, but also to

NOTE Confidence: 0.8333163

00:48:45.880 --> 00:48:47.489 essentially have fair game to

NOTE Confidence: 0.8333163

00:48:47.490 --> 00:48:49.416 pick his brain about whatever such

NOTE Confidence: 0.8333163

00:48:49.420 --> 00:48:51.346 a delightful guy, you can learn
NOTE Confidence: 0.8333163

00:48:51.350 --> 00:48:53.288 more about Eric in his work,
NOTE Confidence: 0.8333163

00:48:53.290 --> 00:48:54.496 obviously on Wikipedia.
NOTE Confidence: 0.8333163

00:48:54.496 --> 00:48:57.278 You can also check out his faculty
NOTE Confidence: 0.8333163

00:48:57.278 --> 00:48:59.258 profile page at Mount Sinai,
NOTE Confidence: 0.8333163

00:48:59.260 --> 00:49:01.245 or you can find his
NOTE Confidence: 0.8333163

00:49:01.245 --> 00:49:02.833 articles on Google Scholar.
NOTE Confidence: 0.8333163

00:49:02.840 --> 00:49:04.820 Just searching for Eric Nestler,
NOTE Confidence: 0.8333163

00:49:04.820 --> 00:49:07.198 Eric is also the author of
NOTE Confidence: 0.8333163

00:49:07.200 --> 00:49:08.788 multiple books on pharmacology,
NOTE Confidence: 0.8333163

00:49:08.790 --> 00:49:11.170 which are not exactly for the
NOTE Confidence: 0.86472803

00:49:11.170 --> 00:49:13.155 layman, but I found them
NOTE Confidence: 0.86472803

00:49:13.155 --> 00:49:14.750 immensely helpful when I've
NOTE Confidence: 0.86472803

00:49:14.750 --> 00:49:17.890 been studying my pharmacology. Thanks to
NOTE Confidence: 0.8272804

00:49:17.890 --> 00:49:19.098 the Yale School of
NOTE Confidence: 0.8272804

00:49:19.100 --> 00:49:20.308 Medicine for sponsoring the

NOTE Confidence: 0.8272804
00:49:20.310 --> 00:49:21.514 podcast to Adrian Brandenburger
NOTE Confidence: 0.8272804
00:49:21.514 --> 00:49:23.324 for producing the podcast and Ryan
NOTE Confidence: 0.8272804
00:49:23.324 --> 00:49:25.138 McEvoy for his help sound editing.
NOTE Confidence: 0.8272804
00:49:25.140 --> 00:49:27.560 A special thanks to you for listening again.
NOTE Confidence: 0.8272804
00:49:27.560 --> 00:49:29.690 My name is Daniel Baron and I've
NOTE Confidence: 0.8272804
00:49:29.690 --> 00:49:31.865 been your host and I'll see you
NOTE Confidence: 0.8272804
00:49:31.865 --> 00:49:33.895 next time here on science at all.